

Rapid Maxillary Expander

(RME)

Congratulations! Today you've received your RME, which will help us to expand your narrow upper jaw. The RME is a non-removable appliance worn on the roof of your mouth. It is activated by a small metal key. You'll be asked to have someone help you turn your RME once or twice a day depending on what the doctor advises.

It's very important that you avoid particularly sticky and hard foods, as they can damage your RME. If you notice your RME is loose or broken, please call us right away so we can repair it for you.

It's normal to feel some pressure in the upper jaw and sinuses. If necessary you can take whatever you normally would for a headache. You may also notice a gap begin to form between your teeth. This is also normal, and we will fix that once we get you into braces.

It's best to turn the RME in the evenings after dinner, but at least 1 hour before bed. This will allow you to get used to the new setting before you try to go to sleep.

The RME is usually left in place for four to six months, but you may not be turning it the entire time. After the RME is removed, we'll place a smaller holding bar (Transpalatal arch – TPA) on the roof of your mouth to keep the new space.

IF you have any questions, please give us a call.

Good luck ☺



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