

PATIENT INFO BOOK FOR EXPANDERS

norwest
Orthodontics 
Orthodontics & Dentofacial Orthopaedics for Adults & Children



Dr. Shimanto Purkayastha

BDS, MOrth(Hons), MOrthRCS(Ed), MRACDS (Ortho)

SPECIALIST ORTHODONTIST

Ph: 02 9672 6113

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Dr. Shimanto has determined that jaw expansion is necessary for your child. A narrow upper jaw may interfere with the fit of the upper teeth in the jaw and cause a discrepancy in biting down on the lower teeth. Without correction this may affect your child's appearance, and may contribute to difficulties with biting, chewing, breathing and speech.

Our specialised and trained lab technicians custom-make your expander according to Dr. Shimanto's requirements. The expander is attached to the upper back teeth. Expansion can take a few weeks to a few months, depending on the amount of expansion for an individual patient.

After the plate is fitted, it is necessary that the plate is expanded for the period prescribed by Dr. Shimanto. Our team at Norwest Orthodontics will provide detailed instructions on how to activate the expander to achieve the desired results. An expander is generally worn for six months following the period of expansion for the sake of stability.

ORAL HYGIENE CARE

Maintaining good oral hygiene is one of the most important things you can do for your teeth and gums. Healthy teeth not only look good but they make it possible to eat and speak properly. Therefore good oral health is important to our overall wellbeing. Daily preventive care, including proper brushing and flossing, will help stop problems before they develop and will keep your smile looking beautiful while preventing bad breath. People undergoing orthodontic treatment need to be even more dedicated to good oral hygiene.

All orthodontic appliances have a tendency to trap particles of food and collect plaque. Therefore it is essential to keep your teeth and gums clean when wearing orthodontic appliances. This makes brushing and flossing even more important to prevent the build-up of plaque which can result in gum inflammation and tooth decay.

- 1** Continue to brush and floss on a daily basis using fluoride toothpaste and a small, soft toothbrush at an angle of 45 degrees against the gums. Gently brush along the gumline where the gums and teeth meet using a small circular motion on each tooth.



- 2** Spend about 10 seconds on each tooth before moving onto the next tooth, brushing in a set pattern so that you do not miss any teeth.

- 3** Brush both the inside and outside of your teeth using a gentle circular motion



CARING FOR YOUR EXPANDER



1. Using a toothbrush in circular motions, brush the expander components towards the roof of your mouth to remove any plaque or debris.
2. Using an interdental brush (piksters) or an end-tuft brush will effectively remove any food caught around your expander.
3. Tilt your toothbrush at a 45 degree angle between the expander and your gumline and brush in circular motions for 10 seconds around each tooth.

A 'WaterPik', also known as a water flosser can be purchased with an orthodontic tip to irrigate plaque and debris in hard to reach areas around the expander.

FAQ

Do I still need to see my dentist?

It is important that you maintain your normal visits to your family dentist during your orthodontic treatment to ensure oral health is maintained. Orthodontic treatment may need to be put on hold or stopped altogether if there is a significant deterioration in your oral health during the active treatment period.

HOW TO ACTIVATE YOUR EXPANDER

Here is a picture summary of how we have shown you to activate your plate



1 Place the tip of the key in the slot in the middle of the plate.

2 Turn the key in the same direction as the arrows, towards the back of the mouth.



3 Once the next slot appears and you hit a firm resistance, gently slide the key out towards the tongue.



4 Be very careful that the key is not turned back upon removal and the next slot is completely visible.

5 Expand once a day for days.

FAQ

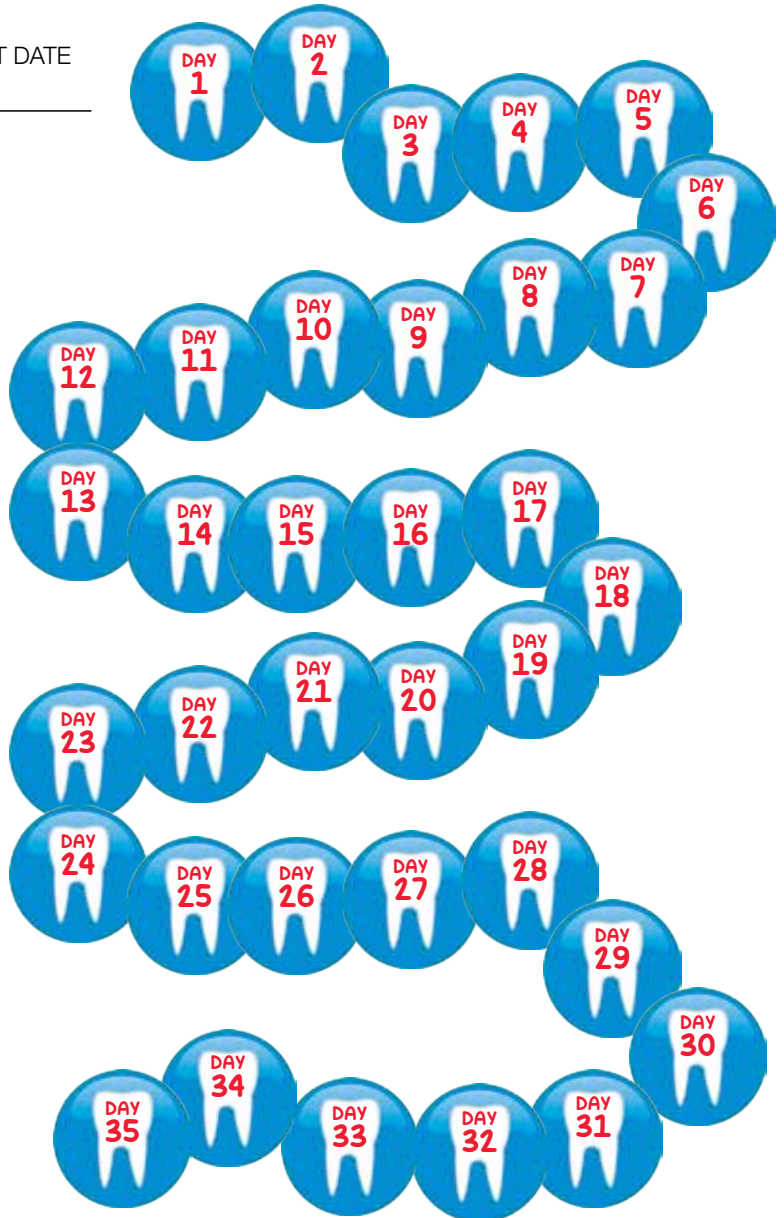
Will my teeth be sore?

After an orthodontic appliance has been fitted, it is common for teeth to be sore for up to 24 hours. This initial discomfort may even last 3 to 4 days. Panadol will help to relieve this discomfort. A soft diet is also recommended.

EXPANDER ACTIVATION LOG

Tick off each day as you activate your expander. This template will help you stay on track for your next visit

START DATE













DIET





















Diet can play a major role in the health of the oral cavity. Foods high in sugar are the worst for teeth when it comes to the development of decay. Bacteria in the mouth metabolize these sugars and during this process produces acid. The mouth can become more acidic which can cause demineralization of the enamel surfaces of the teeth, which over time forms cavities. While undergoing orthodontic treatment you need to think twice about eating foods that could increase your risk of cavities.

Initially, we recommend a soft diet or cutting food into smaller mouthfuls during the first few weeks of having your expander fitted as some tenderness when eating solid foods can be expected. Below are a list of foods to avoid and foods you can eat during the time you have your expander in place:

Foods to avoid

Chewy foods	bagels, licorice		
Crunchy foods	popcorn, chips, ice		
Sticky foods	caramel candies, chewing gum		
Hard foods	nuts, hard candies		
Foods that require biting into	corn on the cob, apples, carrots		

Foods you can eat

Dairy	soft cheese, pudding, milk-based drinks			
Soft Breads	soft tortillas, pancakes, muffins without nuts			
Grains	pasta, soft cooked rice			
Meat/Poultry	minced beef, ham, slow cooked meat, shredded chicken, tuna, salmon, crab cakes.			
Vegetables	mashed potatoes, steamed spinach, beans			
Fruit	apple sauce, bananas, fruit juice			
Treats	ice cream without nuts, milkshakes, jelly, soft cake			

STERILISATION

At Norwest Orthodontics our patients' wellbeing is our priority. That's why the cleanliness of our environment is of the utmost importance and something we pride ourselves on maintaining at all times.

- We ensure all our staff are trained in the latest infection control procedures and wear appropriate safety garments when treating patients.
- All our instruments are sterilised after every use or are single use only.
Our staff is committed to providing a hygienic environment for all our patients.

TOOTHBRUSHES

We request all patients to brush their teeth before coming to their appointments. We have a range of toothbrushes available for purchase and a toothbrush bay in the practice where you can clean your teeth.

APPOINTMENTS

We have a SMS reminder service to help remind you of your next appointment. The length of time we will schedule for you depends on the procedure that has been prescribed for you. You will be seen at regular intervals during the course of your treatment. It is very important to keep your appointments so we can complete your treatment as scheduled.

OUR FLEXIBLE INTEREST FREE PAYMENT PLAN

Financial constraints should not inhibit your ability to achieve the smile you desire. We understand this and offer a range of flexible interest free payment plans to allow you to pay for the service over time. Typically there is an initial deposit required at the start of treatment and the balance is paid in monthly instalments during the course of treatment. Please speak to your treatment coordinator or Shivi Dev, our Practice Manager, to discuss any queries in relation to your payment plan.

HEALTH INSURANCE

Norwest Orthodontic's primary focus is the wellbeing of our patients. The orthodontic plan prescribed is based upon providing you with the best possible treatment tailored to your individual circumstances and needs. As a specialist clinic we are committed to providing the highest level of specialist care and treatment for our patients. We are not allied to any health insurers nor able to process rebates on site. We can provide you with a payment receipt which you can lodge with your health insurer to allow you to receive your rebate directly. Should you require assistance with claiming we can provide you with any necessary documentation.

PAYMENT OPTIONS

For your convenience we accept payments in cash, cheque, credit card, EFTPOS and direct debit. Please note there is an additional 2% surcharge on all credit card payments.



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Celebrities who had orthodontic treatment:

- Emma Watson, Katy Perry, Justin Bieber, Dakota Fanning and more

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PARKING

Parking is available at the front of the practice building. There is also parking underground.

ADDRESS & CONTACT INFORMATION

Address: Suite 11, 6 Meridian Place
Bella Vista, NSW 2153 Australia

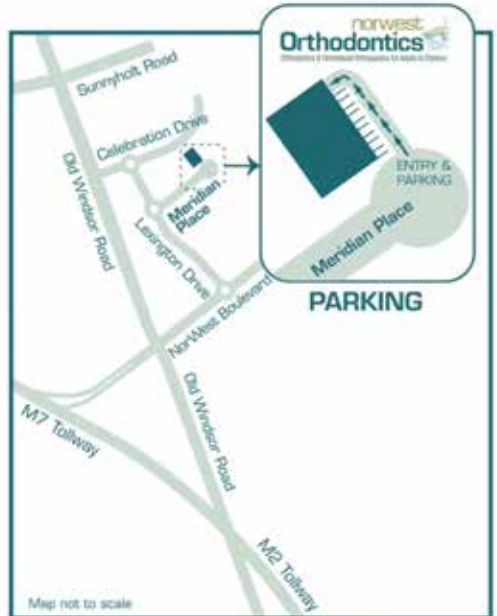
Phone: 02 9672 6113

Fax: 02 9672 6114

Email: info@norwestortho.com.au

Website: www.norwestortho.com.au

Please visit our website for further detailed information and helpful tips to help you understand orthodontic treatment better. We look forward to seeing you at your next visit!



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