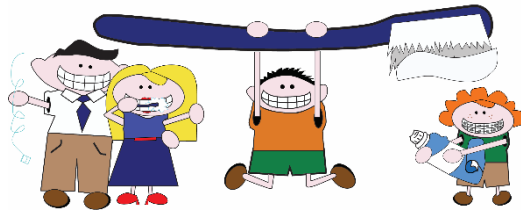


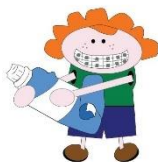
Dental Haven



Gonzalo Hernandez D.D.S. Pediatric Dentist
Alexandra Hernandez D.D.S. General Dentist

EXPANDER CARE

- No eating hard sticky candies, hard foods such as chips, laffy taffy, nuts, jolly ranchers, etc. Eating these things could break the expander or bands, bend it, or pull it off. If any of these issues occur, call and schedule an appointment to have the problem fixed.
- Practice talking, you may sound different with this on. Talking will get easier with practice.
- Brush as normal, but also brush the roof of your mouth to get out anything trapped by the expander. Floss like normal around the bands.
- The bands on your back teeth should not move. They should not be able to move up and down on your tooth. If they become loose in any way, you need to call the office so we can re-cement them.
- After adjustments you may be sore. Take Tylenol or Motrin, if needed, for discomfort.
- Eating cold things, like popsicles and cold drinks, may also help discomfort.
- Take small bites when eating until you are used to the appliance.
- If ANYTHING should break, fall off, poke, or feel funny call us so we can repair it. Please save ANY and ALL parts that came off.
- If you have any questions or concerns, please do not hesitate to call the office at 920-739-6808



2612 E. Calumet Street, Appleton, WI 54915
Phone: (920) 739-6808 • Fax: 888-492-5007

gentle dental care

