

## MSE Expander – Post-Appliance Instructions

### After Placement

- Take **Ibuprofen or Tylenol** throughout the first day – don't wait for discomfort to start.
- Rinse with **warm salt water** 3×/day for the first 3 days (½ tsp salt in warm water).
- Activate/turn the expander exactly as instructed by your dentist.

### How to Turn the Expander

- Use the activation key to turn the hexagonal screw **from front to back**.
- You should feel resistance – this is normal.
- Remove the key while it is at the back of the mouth.
- Do **not** turn it back toward the front or you will undo the activation.
- Follow the turning schedule provided by your dentist; call if unsure.

### Discomfort

- Mild discomfort is normal for the first few days.
- OTC pain medication (Ibuprofen or Tylenol) usually manages it well.

### What You May Feel

- Pressure during activation is normal.
- A “pop” may occur – this often indicates successful expansion.

### What You May See

- A space may appear between your front teeth – this is **expected and a good sign**.
- This space will be closed later during orthodontic treatment.

### Cleaning the Expander

- Brush teeth normally and gently clean around the appliance.
- Daily use of a **Water Pik** and mouthwash is strongly recommended.

### How Long the Expander Stays In

- **Active phase:** about 1 month (you will turn the expander during this time).
- **Retention phase:** about 6 months to stabilize the expansion.

### If Expansion Does Not Work

- Success depends on factors like age and bone density.
- If MSE is not effective, your dentist will discuss alternative treatment options.