

All About the REMOVABLE PALATAL EXPANSION APPLIANCE (KDE)

Description:

The removable palatal expansion appliance is comprised of a stainless steel and clear acrylic frame surrounding the permanent first molars, the primary molars, and primary cuspids, with palatal acrylic and an expansion mechanism in the mid-line of the palate (roof of the mouth).

Usage:

The KDE appliance is used to slowly and carefully broaden the upper jaw by exerting lateral pressure on the two halves of the maxilla (upper jaw) in patients with a constricted maxilla (narrow upper jaw). If done properly, bone grows in the middle and a once-constricted maxilla can attain proper width to improve the bite. Expanding the maxilla may also help to create space for eruption of permanent teeth.

General Instructions:

Please avoid sticky/chewy candies and gum while the appliance is in the mouth.

Cleaning:

We encourage patients to clean the appliance with toothpaste and a toothbrush. If the appliance needs a deeper cleaning, anti-bacterial soap and warm water can often help, followed by a cleaning with toothpaste. The appliance should be worn while eating and removed for cleaning following completion of a meal or snack. A fluoride mouth rinse may also be helpful to make sure that all exposed surfaces of the teeth are protected during appliance wear.

What to Expect:

Upon initial placement, there may be some tongue obstruction, but your speech will be back to normal in just a few days.

Dr. Bronsky's Tip:

Read your favorite book, magazine, etc. to yourself in front of the mirror for five minutes a day – your speech will be perfect in no time.



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Remember: The teeth in direct contact with the appliance may be sore for a day or two following an adjustment. Normal NSAID (non-steroidal anti-inflammatory medication—Advil® or Tylenol®) may be helpful if necessary. Patients may feel pressure on the bridge of the nose during an adjustment as the maxilla widens.

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