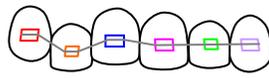


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*BeautifulSmiles.Me*



Regarding your new fixed expander:

As Drs. Jon and Dani always say, **“It’s nice to have straight teeth but it’s even nicer to have healthy ones!!!!”**

### ***Hygiene is critical***

Fixed expanders are barriers to effective brushing. Therefore more time and attention to oral hygiene is necessary to prevent tooth damage. We recommend that your child brush 2-3 times per day. Rinsing with dilute Listerine twice a day (morning after breakfast and at bedtime) is very good as an adjunct to brushing – not a replacement. Use of a daily fluoride rinse (ACT) can also help to protect the teeth. Visiting your dentist every six months is also necessary as part of your regular checkup.



Drs. Jon and Dani always say the most critical aspect of successful Orthodontic therapy is Cooperation, Cooperation and you guessed it- Cooperation!!!!

### **Changes in diet**



Now that you have a new fixed expander, you will have to adjust what you eat and how you eat. Fixed expanders are not indestructible. Absolute No-No’s include items which are extremely chewy, sticky or crunchy (caramels, fruit roll-ups, Doritos, pizza crust/bagels or the latest candy craze). If you think it can do harm to the appliances, then it probably will - therefore avoid it!!!! Items such as raw vegetables should be cut up into smaller pieces. The same goes for fruits and meats. As always, maintain a healthy, well balanced diet.

### **Emergencies**

Most problems associated with fixed expanders involve a wire poking. If, at any time you are unsure, or concerned, please do not hesitate to call the offices at (631) 754-1745 or (631) 651-8580 to schedule an emergency visit. If the office is closed, follow the instructions to contact the doctors after office hours.

### **Additional Important Information**

Discomfort associated with the fixed expander varies from individual to individual and can also vary in duration from a few days to a few weeks. The discomfort is derived from the widening of the roof of your mouth. Usually the administration of an over-the-counter analgesic is effective in minimizing any discomfort. Remember, as with most new things, a period of adjustment is expected and necessary. Encouragement and understanding from Mom, Dad and siblings is essential during this adjustment.