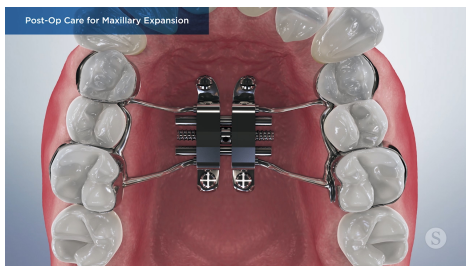


Post-Op Care for Maxillary Expansion



After your maxillary expander and mini-screws are placed on your upper palate, it is important to follow these care instructions to ensure proper healing and a successful widening of your upper jaw.



Immediately after the procedure, it is important to listen and adhere to your doctor's recovery instructions for the type of anesthetic used.



It's normal to experience some discomfort in the first few days following the procedure. You can take over-the-counter pain relievers like ibuprofen or prescribed medication.



In addition, you can gently rinse your mouth with a warm saltwater solution to help reduce any soreness.



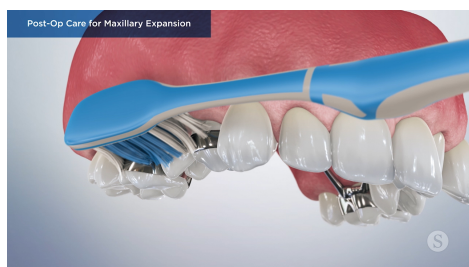
For the first two weeks, follow a high-protein, high-calorie liquid diet. Use protein supplements to maintain nutritional needs, and drink plenty of water.



But avoid using a straw for drinking. Healing tissue between the sinus and the mouth is easily disturbed by changes in pressure, so try to avoid things like blowing your nose hard or sucking through straws.



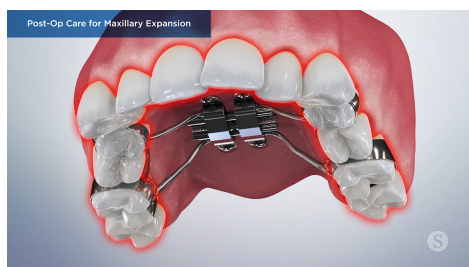
Do not smoke or drink alcohol. And it's best to limit your physical activity during the recovery process.



Maintaining good oral hygiene and keeping the expander clean are very important. Use a soft toothbrush or use a water flosser.



Rinsing with a warm saltwater solution after every meal will also help to keep the expander clean.



Keep your follow-up appointments, and be sure to contact your doctor as soon as possible if you cannot adjust the expander or if you have increased swelling, pain, or troublesome side effects from medications.