



GREAT SMILES

PEDIATRIC DENTISTRY & ORTHODONTICS

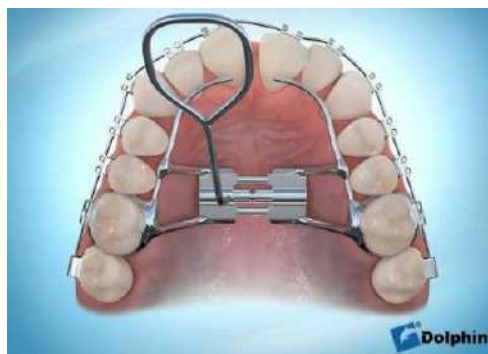
Hyrax – Rapid Palatal Expansion Appliance

A Hyrax is an appliance used to widen (expand) the upper jaw. A hyrax (rapid palatal expander) is one of the most prescribed appliances used with braces and can correct a narrow upper jaw. The Hyrax normally stays in your mouth for around 6 months. You will be given a key to put into the appliance and turn the expansion screw. Please turn the key 1 time a day for 2 weeks and STOP. Your orthodontist will check expansion at the 2–3 week mark and determine if more turns are necessary. Usually, your orthodontist will prescribe an additional 2–3 weeks of one turn a day.

To activate the hyrax, insert the key into the appliance, push the key backward as far as it will go, so that the key can be put into the appliance for the next turn. Either you or your parent can turn the expansion screw with the key. Please keep your finger on the key at all times to avoid accidental swallowing of the key when turning the appliance. Be sure to complete each turn until you see the next screw hole – remove the key downward first then out of the mouth to prevent reversing the turn. As the appliance begins to widen the arch, you may notice a space develop between your upper two front teeth. Please do not get alarmed, this is very normal. Our doctors will close this space with braces.

For the first few days after initial placement, you may experience discomfort or tenderness with your teeth, cheeks, and tongue. Working the jaw muscles will help to work out the soreness. We suggest chewing on a bite wafer or soft foods. Our doctors recommend taking Tylenol or Motrin every 4–6 hours for the first few days as needed for discomfort or tenderness. Your diet may need to be altered for 2–3 days after initial placement. Our doctors recommend eating soft foods (potatoes, macaroni and cheese, tuna fish, yogurt, ice cream, pudding, etc.). Remember to cut meats, vegetables, and fruits into small pieces when eating them. Also, try to stay away from noodles and bread and any other foods that may get caught under the Hyrax. It may be difficult to get out. You may consider getting a Waterpik to help clean under the Hyrax. You may find it difficult to say certain words. Reading and singing out loud is helpful. Within a few days, you won't even notice your speech is any different.

Please do not play with your appliance with your fingers, pencils, or flip it with your tongue, as any of these can cause the appliance to come loose or break. If you have any questions or concerns about your appliance, please contact our office.



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