



GARY M. HOLT, D.D.S., P.C.
personalized orthodontics

RPE(upper expander)

Generally you will turn the RPE 2 times per day for 14 days, unless otherwise instructed. Have the patient lay down on a flat area with lots of lighting (a sofa usually works well). Take the RPE key and place it in the first hole that is closest to the front of the mouth. Once the key is inserted into the first hole (you should feel the key go into the hole) then push the key towards the back of the throat until the next hole appears. There is an arrow on the appliance that tells you which direction to turn. It is important that the next hole appears or the next time you go to turn it there will be nothing to put the RPE key into. Once the new hole is visible, remove the RPE key. That is one turn, good work! And don't forget, it is normal for a space to develop between the front teeth.