

What does it do?

It is a brace that is used to widen your jaw / palate.

Your upper jaw forms in two halves. The RME moves these two halves apart and holds them there while the new bone fills in the 'gap'.

As the RME widens the upper jaw, a temporary gap often appears between the two front teeth. This will close later during treatment.



Instructions

The screw needs to be turned once per day – someone will need to do this for you.

Your therapist / orthodontist will show you how to do this and you will be given a special key to use.

Keep the brace clean with your toothbrush.

Can I eat normally?

Yes, but initially your tongue might get a little sore from rubbing against the brace. This will settle quickly.

How long do I wear the RME for?

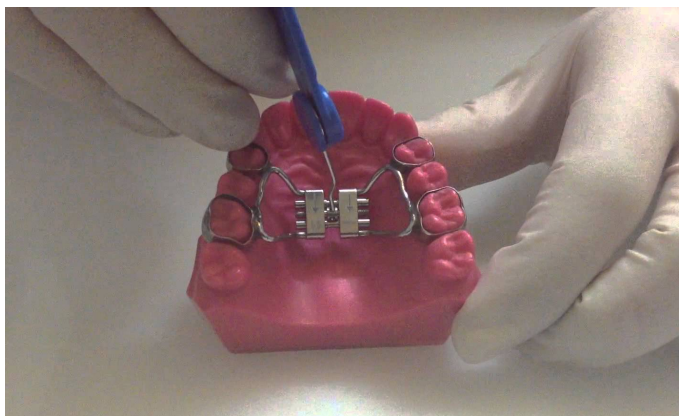
It is usually worn for 3 – 9 months. After this you will usually have fixed braces as discussed at your treatment planning appointment.

Will it be painful?

Your teeth may be sore for about 3 – 5 days. Please take painkillers if required – the ones you normally take for a headache.

You may feel a sense of pushing on your teeth. This goes away quickly also.

If the brace rubs you can use some wax, which you must take out for eating and when sleeping.



What do I do if I have any problems?

Ring the practice for advice on the next working day.

When is my next appointment?

We need to see you again in 2 weeks.