

This is a slow maxillary extension device that is cemented in the mouth and must remain so for the treatment to work

Indications:

- First day:  
Do not eat anything the first hour after the cementation of the device. Follow a soft diet that is made up of liquids, compotes, creams, jellies, etc.
- Second day onwards:  
Sticky foods (nougat, chewing gum, mints, snacks, marshmallows, etc.)
- Hard foods (apples, carrots, celery, pears, peach, ice, bones, cob, etc.)
- Sweets (candies, chocolates) and if these are consumed, proper oral hygiene should be performed to prevent tooth decay.
- Brushing and flossing:  
This device in your mouth makes it difficult to perform good oral hygiene so it is important to follow the following rules:
  - Use soft bristle brush.
  - Brush carefully and carefully with circular and sweeping movements.

- Use dental floss with threaders to facilitate hygiene in interproximal areas, this should be used at least once a day, then use interproximal brushes to reinforce the cleanliness of the area.

In case of irritation on the inside of the cheeks or lips, place wax on the site that is causing discomfort.

AN IMPORTANT RECOMMENDATION IS THAT IF ANY ANSWER IS RELEASED OR EXISTS WITH THIS APPLIANCE PLEASE CALL AND REQUEST AN APPOINTMENT WITH THE ORTHODONCIST TO SOLVE THE EMERGENCY IN THE LOWEST TIME.

A LOT OF LUCK WITH YOUR TREATMENT AND REMEMBER OF YOUR COLLABORATION DEPENDS ON THE SUCCESS OF THE TREATMENT.