



MENAI
ORTHODONTICS

BEAUTIFUL CONFIDENT SMILES

Rapid Maxillary Expansion (RME) Appliance Information Sheet

Understanding your RME appliance

The purpose of a rapid maxillary expansion (RME) appliance is to provide ideal conditions that permit correct mouth and facial development by significantly improving tooth arrangement and jaw positioning.

RME works by disengaging the bony joint of the palate by turning a key to widen the upper arch to correct the cross bite and create a favourable eruption pathway for unerupted adult teeth. These key turns are made in the first two to three weeks after the RME has been fitted. Depending on each individual's requirements, the appliance remains in place for approximately nine to twelve months.



What to expect in the first days with RME

When the RME is fitted your child's mouth will feel unusually full. You can also expect some discomfort for the first few days. Changes you may notice include:

Difficulty swallowing – Once the appliance is fitted, swallowing feels different and some patients feel they cannot swallow. This is a normal reaction, however within minutes, they will feel comfortable and able to swallow again.

Impaired speech – A percentage of patients may notice their speech is affected during a period of adjustment. While the natural inclination may be to shy away from talking, the best way to improve confidence around speech is to talk! You may need to encourage your child past their initial reservations.

Increased saliva flow – You may also notice an increase in saliva flow. Again, this is temporary and will settle down after a few days.

Increased spacing – Once the key turning begins you may also notice a space opening between the top teeth and/or top teeth drifting together slightly. These developments are normal and an indication the RME appliance is working.

The good news is the first week is the hardest! Even the happiest child can become irritable and despondent. Remember, the discomfort doesn't last for the duration of treatment and your child will get used to the RME appliance.

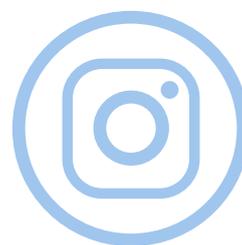
How to care for your RME appliance

As with all orthodontic appliances, it's important your child keeps their teeth and appliance clean and free from food and plaque. At Menai Orthodontics, we recommend your child takes a toothbrush to school and brushes teeth after each meal.

Remember to report any problems by calling the practice immediately. Our friendly staff have lots of great hints and tips to help you through treatment.

Regular six monthly visits to your general dentist are recommended while wearing orthodontic appliances.

For more information regarding appliance care, please refer to the Resources section of our website at <https://www.menaiortho.com.au/> or call us on (02) 9543 3680.



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