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SPECIALISTS IN APPLIANCE THERAPY FOR ADULTS AND CHILDREN

ADJUSTMENT INSTRUCTIONS FOR: THE SCHWARZ EXPANSION APPLIANCE

INSERTION OF APPLIANCE:

1. The appliance should fit tightly when inserted.
2. If needed, tighten the Adams Clasps with a Bird Beak Plier for increased retention.
3. Have the patient wear the appliance for 1 to 2 weeks with no activation to allow the appliance to settle in.

ACTIVATING THE SCREW:

Opening the expansion screw in this appliance causes the two acrylic sections to move apart to provide movement. The activation of the expansion screw is obtained by inserting the key into the hole in the center pole and pushing it in the direction of the arrow until it stops. This is considered one turn. Each turn is 1/4mm of movement or expansion. The screw is an 8mm screw, so it can be activated 32 times. The screw will come apart if it is activated more 32 times. As a general rule the screw can be activated one turn twice a week. The patient should be taught to make these adjustments chair-side by the doctor. If you find the appliance is sliding down the lingual of the posterior teeth, this is a good indication that the appliance is being activated too rapidly for the amount of time the patient is wearing the appliance.

ADJUSTING THE COMPONENTS:

1. **LABIAL BOW:** As the appliance is expanded, it will flatten out the labial bow and come in contact with the anterior teeth. This can retract anterior teeth if they are protruded. If you do not want them to be retracted, you will need to adjust the wire away from the teeth at each appointment
2. **FINGER SPRINGS:** The appliance may have finger springs on individual teeth or lap springs behind the anteriors. These springs help align the teeth as the space is created from the expansion. Adjust the springs to put pressure on the teeth at each appointment.
3. **PALATAL ACRYLIC:** As the appliance is activated the palatal acrylic may need to be adjusted to conform to the shape of the palate. Relieving the palatal acrylic can allow the palate to drop and the appliance to fit better in the palate.

PATIENT INSTRUCTIONS:

1. This appliance should be worn 24 hours a day. It is most important to wear the appliance while eating. Chewing creates the force to move the teeth. One half hour eating with the appliance in place is more beneficial than 20 hours of wear while not eating.
2. The patient should turn each screw one turn every 4 days in the direction of the arrow. This may vary from patient to patient.
3. To clean the appliance, brush it after each meal with tooth paste.

FOR ADDITIONAL ADJUSTMENT INFORMATION ABOUT THIS APPLIANCE
AND MANY MORE, VISIT OUR YOUTUBE CHANNEL AT:

www.youtube.com/OhlendorfApplianceLab

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