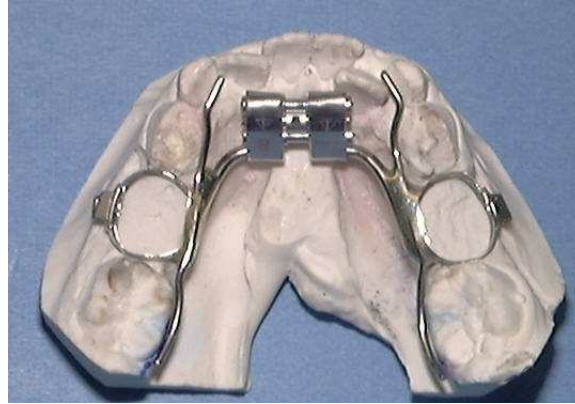


Fixed Lower Expansion Appliance (FLEA)



- ◆ The purpose of the FLEA is to create *width* in the lower arch.
- ◆ At each visit we will check the progress and make any adjustments necessary. After the correct width has been achieved *you will continue to wear the FLEA to stabilize the teeth.*
- ◆ You may have *difficulty speaking at first*, but as you practice (reading aloud, perhaps) it will become easier and easier.
- ◆ You may see an imprint on your tongue, **do not be alarmed** – *this is normal*. The tongue resting against the FLEA when you swallow causes it.
- ◆ The key that we gave you fits into the appliance and is pushed backward towards the tongue to turn the expansion screw. Once you have completed the turn, and before removing the key, check to be sure the next hole is visible so that the key can be put into the appliance for the next turn.
- ◆ The schedule for turning the appliance is as follows:
_____ turn(s) every _____ day(s) for _____ weeks
- ◆ You may experience some *soreness* when the appliance is adjusted. Tylenol or Advil can be taken to ease this discomfort.
- ◆ Clean your appliance daily with your toothbrush ***after each meal*** and ***before bedtime.***
- ◆ If sores occur, rinse at least four (4) times a day with *warm, diluted salt water* (1 tsp. Salt to 1/2 cup water).
- ◆ Remember to follow the rules of the food list to avoid loosening or breaking the appliance.
- ◆ **Do not play** with your FLEA with your *fingers* or pull on it with your tongue since that can also loosen or break the appliance.
- ◆ **KEEP IN MIND THAT EACH VISIT IS ONE STEP CLOSER TO A BRIGHTER SMILE!**