

## Suture Expansion Appliance (SEA) Patient Instructions

The SEA is a fixed appliance which is cemented to the upper posterior teeth. It is used to widen the upper arch and/or correct a crossbite. After the expansion is completed, the SEA remains in place passively to maintain the correction.



1. The appliance is to be turned once per day for \_\_\_\_\_ days
2. Space that may open up between the front teeth is perfectly normal, and will be closed eventually
3. You may feel pressure in the cheeks and the bridge of the nose for the first 5-10 minutes after the appliance is turned
4. It is important to turn the appliance at the same time every day. This will help to keep the expansion going smoothly, and will also help with remembering to turn the appliance each day
5. Keep track of the turns by marking each turn on the calendar
6. Keep the key in a safe place
7. Once all the turns have been completed, we will see you for a check appointment
8. Hard and/or sticky foods will damage and break your appliances. Please refer to the "No-no List" to make sure that you don't cause any damage by eating the wrong foods.
9. Your teeth will be sore for approximately one week. Choose soft foods, and you may also use pain medication to help ease your discomfort (Advil, Motrin, etc).
10. You will need to brush after EVERY meal and/or snack. Take your time to ensure that the appliance(s) is clean and shiny with no dull spots. Check in the mirror to make sure all areas have been cleaned. If you notice any food or dull areas, it is important to clean these areas again.
11. Do NOT put your toothbrush above the screw (between the screw and the roof of the mouth)
12. Your tissues (cheeks, tongue, etc) will take a few days to adjust to your appliance(s). Use the ortho wax to cover any rough areas that may develop.
13. If you experience any breakages, or damage to your braces please call the office and report it. We may need to have you in to make a repair, or adjust your next appointment to allow time for any repairs that may be needed.
14. If you have any concerns or questions with regard to your treatment, please do not hesitate to contact any of our staff members. We will be happy to help you, and answer any questions.