

# Rapid Maxillary Expander (RME)

## WE CALL THE RAPID MAXILLARY EXPANDER AN 'RME'

### WHAT IS AN RME?

The RME is designed to expand your upper arch to correct your bite and also provide increased space for straightening your teeth. It is cemented on to your upper back molar teeth. For the appliance to work correctly, it must be activated according to your Orthodontist's instructions.

### HOW DOES IT WORK?

The RME is activated by turning a small expansion screw with a key that we will give to you. The key is inserted into a hole at the front of the screw, then pushed from the front towards the back of your mouth. As you do so, a new hole will appear at the front of the expansion screw. It will then be ready for the next activation.

### WHAT WILL IT FEEL LIKE?

You will feel some pressure as the RME is activated and possibly a tingling sensation at the bridge of your nose for the first 3 days.

### HOW OFTEN DO I NEED TO ACTIVATE MY RME?

Activate your RME once in the evening/after dinner. If you have been instructed to activate your RME twice a day, also activate it in the morning.

After the first week you will notice a space developing between your front teeth. This is expected and shows the expansion is working.

### WILL MY SPEECH BE EFFECTED?

You may notice a change in your speech for 3-4 days. Speak slowly and distinctly until your tongue adapts to the change. At first the RME may increase the saliva in your mouth, but this will decrease as you get used to it.

### HOW LONG WILL I WEAR MY RME?

After 3-4 weeks of expansion, the RME will be stabilised by sealing the expansion screw. The appliance will then be left in place for a further 3 months to hold the expansion.

### HOW DO I TAKE CARE OF MY RME?

Clean your RME when you clean your teeth.

- Make sure you brush off any food or plaque that may be caught around the RME, especially where you turn the plate.
- Clean around the molar bands to prevent the gums from becoming puffy.

### HOW DO I ACTIVATE MY RME?

When activating/expanding your RME it is easier if you are standing, and the person doing the activating is seated and using the torch on a mobile phone to illuminate the area.



Locate the keyhole in the centre of the RME (it has arrows on either side).



Place the key in the keyhole, with the handle touching the upper front teeth and the key angled as shown.



Make sure to do a full turn otherwise you will lose the hole. Gently and steadily push the key towards the back of the mouth. Stop when the handle will not go any further.



Remove the key by pushing downwards and towards the back of the throat to avoid undoing the turn.

**- PLEASE REMEMBER -**  
**Avoid sticky or chewy foods that can loosen your RME. If your RME becomes loose or feels different in any way, please call Profile Orthodontics.**

