

What to expect with the Invisalign® Palatal Expander System.*



If you're reading this, that means your child's Invisalign Palatal Expander System journey has begun! Expanding your child's palate creates space for incoming adult teeth and begins preliminary correction of their bite. This is the world's most innovative palatal expander system, so you can be sure you've made a great choice.

Ready to get started? Here's what you need to know now that you've received the expanders.

Change the expanders daily, or as directed by your child's doctor.

Read the patient use and care instructions to familiarize yourself with the product and to help your child understand how to use it. Have your child begin wearing the first expander (the smallest of the set, labeled 'Stage 0') today. Your child will switch to the next expander tomorrow unless the doctor instructs you to change less frequently. Each expander is carefully engineered to be slightly wider than the previous one, so your child's palate will expand gradually. Generally, expanders are intended to be worn day and night, but be sure to check with your doctor for specific instructions.

Clean the device before wear.

Brush and floss teeth before inserting each new expander and after each meal unless your doctor instructs otherwise. We recommend your child also gently cleans the device with a soft-bristle toothbrush and a small amount of toothpaste – but if they don't have access to a toothbrush in the moment, rinsing it with running water is fine, too.

Eat and drink with the expander in.

Yes, your child can eat and drink while wearing the expander! It might take some getting used to at first, so suggest your child take small bites and eat softer foods at first. To ensure no food is stuck under the expander after eating, have your child swish thoroughly with water after each meal or snack. If they find it more comfortable to remove their expander to eat, make sure they reinsert it right after eating.

Do not chew gum with the expander in. Have your child avoid eating other hard, sticky, or sugary food with the device, as it may damage the device and/or their teeth. Similarly, they should avoid drinking sugary or acidic drinks while wearing the device.

Expect these temporary changes.

As with any orthodontic treatment, wearing the expander might cause a slight lisp or some extra saliva. If this happens, you can reassure your child that these changes are temporary and generally improve about a week after starting treatment.

Encourage your child to practice swallowing water, talking, reading aloud, or even singing while wearing the device to help their mouth adjust.

Manage soreness during treatment.

It is normal to feel some soreness and pressure at the start of each stage, and to feel some tooth sensitivity or tenderness in the roof of the mouth or jaw joint during treatment. This means your child's Invisalign Palatal Expanders are working and expanding the palate to the desired position.

Lose or break an attachment?

Don't panic! Just contact your doctor as soon as you can to get it fixed or replaced.

Continue your child's smile journey.

Consult your doctor about next steps in your child's smile journey, and they'll help design a plan to address your child's individual orthodontic needs.



Read the patient use and care instructions for important information about the device, including warnings and precautions. If you have any more questions, contact your child's doctor.

*The Invisalign Palatal Expander System consists of doctor-prescribed, additive-manufactured (3D printed) removable orthodontic devices (Invisalign Palatal Expanders and Invisalign Palatal Holders), 3D software, and Invisalign Attachment Templates. These orthodontic devices are used to expand and subsequently hold patients' narrow maxilla (upper jaw, dental arch and teeth, palate) with primary (baby or milk), mixed (primary and permanent), or permanent teeth until the doctor begins the next phase of treatment. Small 'attachments' will be bonded to your teeth during the beginning of your treatment; these attachments help to hold the device in place. The expanders and holders are made from polyamide-12, a polymer also known as nylon 12, a type of nylon.