



Invisalign® Palatal Expander (IPE) Instructions

Why This Treatment Is Different

At your child's age, the upper jaw (the roof of the mouth) is not one solid bone yet — it is made up of two separate halves. Our goal with this treatment is to gently guide those two halves apart to create more space for proper growth, alignment, and breathing.

This is skeletal expansion, not just tooth movement. Unlike traditional braces or Invisalign aligners, this appliance is designed to expand the bone, not simply straighten teeth.

The Most Important Rule

This appliance must be treated as non-removable.

*Even though it **can** be taken out, it should only come out briefly, right after eating, to brush and floss — then go straight back in.*

Why this matters:

- The two halves of the upper jaw can quickly begin to move back together
- Even a short period out of the mouth can prevent the appliance from fitting
- The appliance is intentionally rigid to create true skeletal change
- Because of this, it is not forgiving like aligners — if it does not fit, treatment can stall or regress

Daily Wear Routine

- **Wear time:** 24 hours a day, including while sleeping
- **Eating:** keep the expander in while eating
- **After eating:** remove briefly to brush and floss, then reinsert right away
- **Out-of-mouth time:** keep to just a few minutes — never leave it out for an extended period

How to Insert and Remove: the “Roll On / Roll Off” Technique

Always insert and remove your expander exactly as shown in our office, using the Roll On / Roll Off technique:

- Roll it ON, guiding it from one side to the other, until it is fully seated
- Roll it OFF the same way, working from one side to the other

Never bite down to seat the expander.

Never push down on it with both hands at once — this can wear down the attachments and affect the fit.

If the expander does NOT fully seat: stay in your current expander, wear it for an additional day, and contact our office right away.

Changing Your Expander

- **Switch to your next expander every other day**, in the evening before bed — overnight wear helps with comfort and a better fit
- At your check-in visit, we will evaluate your progress

- If appropriate, we may adjust your changing schedule

Follow the schedule exactly as instructed.

Fit Check

- If a new expander doesn't "click" into place using the Roll On technique, stay on the current stage another day before trying again.
- After 3 full days of full-time wear on a new stage, if it fits well → keep going as scheduled
- After 3 full days of full-time wear on a new stage, if it doesn't fit well → stay on your current expander and call us to schedule a visit

What to Expect

- A feeling of pressure in the roof of the mouth (this is normal)
- Possible temporary changes in speech
- A small space developing between the front teeth (a positive sign that expansion is working)

When to Call Us

Please contact our office if:

- The appliance will not fully seat
- It feels loose or warped
- It has been out for an extended period
- Your child is struggling to wear it as instructed