

Rapid Maxillary Expansion Appliance (RME)

This is an appliance which is cemented in place. It will generally stay in place for about 7 months. The purpose of this RME is to expand the top jaw. The expansion is carried out at the rate of one turn per day and you will be given a certain number of turns to do. It is best if you mark these number of turns on the calendar and then cross them off as you have done them so you do the precise number of turns.

Obviously there will be some initial discomfort when the RME is first cemented into place. During this expansion which will vary between 20 to 36 turns, a gap will open between the front teeth. This is perfectly normal, and the gap will close once the expansion has stopped. When you return after the set number of days, the RME screw will be tied so it can not turn back upon itself.

Initially you may experience some difficulty in eating and cleaning, this is usually a very minor consideration. Clean around this appliance the same time as you brush your teeth after you have eaten.

We always over expand the top jaw, as it will normally relapse approximately 40%. Even if the appliance is kept in place for 6 months after the expansion has been completed this relapse will normally occur.

Obviously if there is any severe discomfort with the appliance please contact our rooms so this can be adjusted.

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