

WIDENING PLATE

1. WHAT DOES A WIDENING PLATE DO?

Widens the upper teeth and jaw to improve the bite, reduce crowding, broaden the smile and create more space for the future adult teeth.

2. WHEN IS A WIDENING PLATE REQUIRED?

- Where the upper arch of your teeth is not as wide as the lower arch.
- Where there is a crossbite - where the upper and lower teeth bite unevenly.
- To improve over crowding and allow more room for the adult teeth that otherwise would erupt in the wrong place or not erupt at all.

3. HOW DOES A WIDENING PLATE WORK?

- The widening plate works by placing gradual force on the upper jaw to encourage growth.
- The widening plate is glued to four upper teeth with the expander hidden under the roof of the mouth.
- The widening plate needs to be turned gradually with a small key (shown right). The number of turns and when they are made will be prescribed by the Orthodontist.



APPOINTMENTS

THESE APPOINTMENTS ARE GENERALLY SCHEDULED 1-2 WEEKS APART.

1. SEPARATORS (ESTIMATED 10 MINS)

Small silicone rings called separators are gently flossed between some of the back teeth to help make room for the widening plate. The spaces generally develop within a few days, depending on how close the teeth are together.



2. IMPRESSIONS AND BAND FIT (ESTIMATED 20 MINS)

The separators are removed temporarily and an impression is taken of the top teeth and roof of the mouth. This allows our onsite lab technician to fabricate the widening plate which will be designed by your Orthodontist. Thin metal rings are sized around the teeth that the plate will be attached to. The separators are replaced to maintain space while the plate is being created.

3. PLATE INSERT (ESTIMATED 40 MINS)

Your plate is ready to go in! The separators are removed and glue is placed on the inside of the rings. Your Orthodontist will gently fit the plate to the upper teeth. You will be given instructions on wear, care, cleaning and how to make turns to the plate.

The Orthodontist will advise how many turns need to be made. A calendar will be issued that will indicate which days the Orthodontist would like you to make turns to the plate.