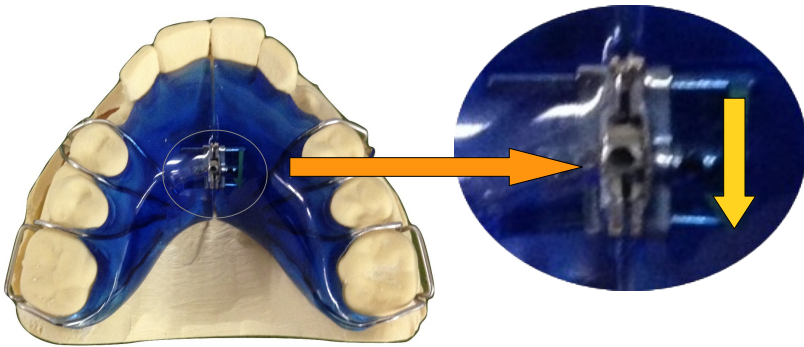


**SOL**  
*Simply Ortho Lab*

## **PATIENT EXPANDER INSTRUCTIONS**



Congratulations on receiving your new Expander. Below are the instructions on how to use and keep your expanders looking good.

- For best results, wear your expander 24 hours a day, 7 days a week.
- Turn the screw in the expander in the direction of the embedded arrow once per week or as directed by your dental professional.
- Rinse your expander before you insert it and after you take it out of your mouth.
- To clean your expander, use a soft toothbrush and brush both surfaces.
- Always store the expander in the case provided when you are not wearing them.
- Keep your expanders away from any pets. Dogs especially, love to chew them as they are attracted to the smell.