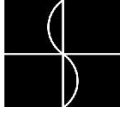


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*Shadi Saba, DDS*  
*Saba Orthodontics*  
*21155 Whitfield Place, Ste 107*  
*Sterling, VA 20165*  
*703-404-SABA (7222)*

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## Fixed Expander (RPE)

**The following instructions must be followed in order to obtain the best possible results from your expander:**

1. Turn the expander one turn every other night right before you go to bed, once you get used to wearing it. It takes 4 – 5 days for most people to get used to wearing the expander.
2. You are going to sound funny when you talk. When you get home, get a good book and read aloud. This will help you get used to speaking while wearing the expander.
3. Avoid eating chewy or sticky food, such as Taffy, Caramels, Bubble gum or any type of gum, Ice, Crispy Tacos, Hard French Bread, Carrot Sticks, Granola Bars.
4. If the bands get loose, stop turning it and call us to make an appointment to re-cement the appliance.