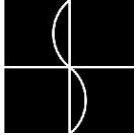


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Expander

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

1. Wear the expander 24 hours a day. Only take it out to eat and to brush your teeth.
2. Every time you take the expander out to brush your teeth, also gently brush it using luke warm water.
3. Every time you take your expander out to eat and brush, always put it in its case.
4. **NEVER WRAP THE EXPANDER IN PAPER TOWELS OR TISSUES. THIS IS THE NUMBER ONE REASON PEOPLE LOSE THEIR EXPANDERS. ALWAYS STORE YOUR EXPANDER IN THE CASE PROVIDED.**
5. 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.
6. You are going to sound funny when you start wearing the expander. When you get home, get a good book and read out loud. This will help you get used to speaking while wearing the expander.
7. The expander will make your mouth water for a couple of days but, with regular wear, your mouth will adjust and will return to normal.

