

HYRAX INSTRUCTIONS

1. THE HYRAX IS AN UPPER ARCH EXPANDER WHICH YOU NORMALLY TURN TWO TIMES A DAY - ONCE IN THE MORNING AND ONCE IN THE EVENING FOR 7-10 DAYS OR AS INSTRUCTED.
2. FOR THE FIRST THREE DAYS, YOU MAY SPEAK LESS CLEARLY AND NOTICE EXCESS SALIVA IN YOUR MOUTH, BUT THIS WILL NORMALIZE GRADUALLY. YOU CAN RAPIDLY IMPROVE YOUR SPEECH BY READING OUT LOUD FOR 15+ MINUTES FOR THE FIRST FEW DAYS.
3. AFTER TURNING YOU MAY FEEL PRESSURE ON THE ROOF OF YOUR MOUTH AND NOSE. IF NECESSARY TAKE ADVIL (IBUPROFEN), ASPIRIN OR TYLENOL TO RELIEVE THE DISCOMFORT. YOU SHOULD CALL US IF THE DISCOMFORT SEEMS EXCESSIVE.
4. YOU WILL FREQUENTLY NOTICE A SPACE OPENING BETWEEN THE TWO UPPER FRONT TEETH. THIS INDICATES THE EXPANDER IS WORKING CORRECTLY.
5. WE WILL MONITOR THE EXPANSION WITH WEEKLY VISITS. AFTER ADEQUATE EXPANSION OCCURS, WE WILL HAVE YOU STOP TURNING THE HYRAX AND FIX IT IN THIS POSITION.
6. IT WILL STAY ON FOR AT LEAST FOUR MORE MONTHS TO ALLOW NEW BONE TO FILL IN THE PALATAL AREA AND BETTER STABILIZE THE EXPANSION.