

The Schwarz Expander

Purpose

The purpose of the Schwarz is to stimulate the lower teeth and jaw to grow wider. This creates more room for the permanent teeth and shapes the dental arch to more closely match the patient's facial form.

Initial Adjustment Time

The device is removable. It fits behind the teeth and is not very visible. Most patients require between two to three days to become accustomed to the device. During this time, some changes in speech may be expected. Speaking slowly during this phase will help and speech will become more normal within a few days. After the initial adjustment period, the appliance does not bother most patients at all.

Although the Schwarz works slowly and gently, some discomfort may occur. Ibuprofen (Advil/Motrin), Tylenol, or similar analgesics will be all that is necessary. Ibuprofen often works best in this instance. Patients must not play with the Schwarz or flip it around in the mouth. This will result in the appliance not fitting correctly and a new Schwarz will need to be made.

How to Adjust - Activation

After two or three days, your child will be fully accustomed to the Schwarz. Then, unless instructed otherwise, you will need to activate it every other day. Activation is easy. In order to be certain that the activation is correct, it is best for parents to activate the Schwarz. Place the key into any of the holes on the adjustment wheel. Turn the key in the direction indicated by the arrow. The arrow is in the plastic and next to the adjustment wheel. Turn the key a quarter turn or until the key touches the stop. After adjusting, place the appliance in the child's mouth and make certain that the appliance seats completely using both hands to firmly push the appliance to place on both sides of the mouth. **DO NOT** give the appliance to the child to seat at this adjustment. After adjustment, the child can be responsible for removing and replacing the appliance before and after meals and for cleaning purposes.

Important – Push it Down and Leave It Seated

It is absolutely critical that the appliance be fully seated all of the time it is worn in the mouth. To fully seat the Schwarz, the child must use both hands and firmly push it completely down on both sides of the mouth. Patients must not play with the Schwarz or flip it around in the mouth. If the device starts to ride up on the teeth from improper seating, a new Schwarz will need to be made. New appliances are expensive.

Care of the Schwarz

The device should be removed while eating and brushing the teeth. It can be worn during sports, but should not be worn while swimming in a lake or in the ocean. If lost in a swimming pool, it can probably be found. If lost in a lake or in the ocean, it's history. When the Schwarz is not in the mouth, it should be kept in the protective case provided. The Schwarz can be cleaned with a toothbrush and toothpaste, or with soap and warm water. Do not put it into hot water. If a dog gets it, it will be ruined. Never wrap it in a napkin, never put it in pockets or in a purse without the protective case, and never put it on a lunch tray. When going to lunch, it is best to put the Schwarz into its box and leave

it inside the desk in the classroom. After lunch, be sure to put the Schwarz back in the mouth and seat it all the way with both hands. Always bring the Schwarz to dental appointments. If it becomes lost, bent, or broken – or if it no longer fits properly because it wasn't being fully pushed into place, a new Schwarz will need to be made.

Troubleshooting

If a sore spot develops continue to wear the device full-time, but stop activating the Schwarz for two to three days. Then resume activation. If the sore spot persists, Dr. Fales will need to see the child to shape and re-fit the appliance. Please call the office for an appointment. Please remember that it is absolutely critical that the appliance be fully seated all the time it is in the mouth. Remember, if the device starts to ride up on the teeth from improper seating, a new Schwarz will need to be made. Patients must not flip the appliance around in the mouth. Sometimes the small wires that go around and in between the teeth may get bent or broken. Usually, these things can be fixed. Call the office if there is a problem.

Appointments

In order to fit exactly, each Schwarz is custom made. This requires two separate appointments:

1. **Impression** – This appointment takes about 30 minutes. From the model of the patient's teeth, each Schwarz is individually made in the colors chosen by the patient.
2. **Placement** – Instructions for seating the appliance are provided at this visit and this takes approximately 20-30 minutes.

If you have questions or concerns, please talk with Dr. Fales. The office phone number is 913-782-2207.