

MARPE / MSE Post-Op Instructions (Palatal Expander with Mini-Implants)

What to expect (normal)

- Pressure/soreness in the roof of the mouth, teeth, or nose/sinus area for a few days.
- Mild swelling of the palate or gums.
- Small spots of blood from the palate or around the mini-implant areas the first 24–48 hours.
- Temporary speech changes and extra saliva for 1–2 weeks.
- Food getting under the expander is very common.
- During activation, you may notice a gap between the front teeth, mild nasal pressure, or tingling—this is expected.

Pain control

- Take the pain medicine recommended by your doctor.
- If you can take these medications:
 - **Ibuprofen (Advil/Motrin)** with food as needed for soreness.
 - **Acetaminophen (Tylenol)** can be used if needed (follow label directions).
- Avoid aspirin unless your physician requires it.

Diet (first week)

- **First 24–48 hours:** soft foods (yogurt, eggs, soups, pasta, mashed potatoes, smoothies).
- Avoid: **hard/crunchy** foods (chips, nuts, crusty bread), **sticky** foods (caramels, gum), and **chewy** foods (bagels, tough meat).
- Cut food into small pieces and chew slowly.

Oral hygiene (very important)

- Keeping the expander clean prevents inflammation and bad odor.
- Brush teeth **after every meal** (or at least 2–3×/day).
- Use a **soft toothbrush** to clean around:
 - The molar bands/arms
 - The roof of the mouth around the mini-implant sites
- Use one or more daily:
- **Water flosser**, which was provided to you (excellent for flushing under the expander)
- **Interdental brush** under/around the appliance
- **Salt-water rinse** (½ teaspoon salt in a cup of warm water) 2–3×/day for the first week

Do NOT start turning until Day 10 after placement.

Speech & comfort tips

- Reading out loud helps speech normalize faster.
- Wax can be placed on any sharp areas if your tongue is irritated.

Activity restrictions

- Normal daily activity is fine.
- Avoid pulling on the appliance with fingers or tongue.
- Avoid contact sports without a mouthguard.

Call us if you have:

- Bleeding that **does not stop** after applying gentle pressure for 10–15 minutes.
- Severe pain not controlled by recommended medications.

- Fever, worsening swelling, foul taste/odor, or drainage (possible infection).
- A mini-implant site that becomes very swollen, very tender, or repeatedly bleeds after day 2–3.
- The expander feels loose, breaks, or a part pokes you.
- You cannot insert the key or cannot complete a turn.

Emergency warning signs (seek urgent care)

- Trouble breathing or swallowing.
- Rapidly increasing swelling of the face/throat.
- Allergic reaction (hives, lip/face swelling, wheezing).