



## Distraction Devices

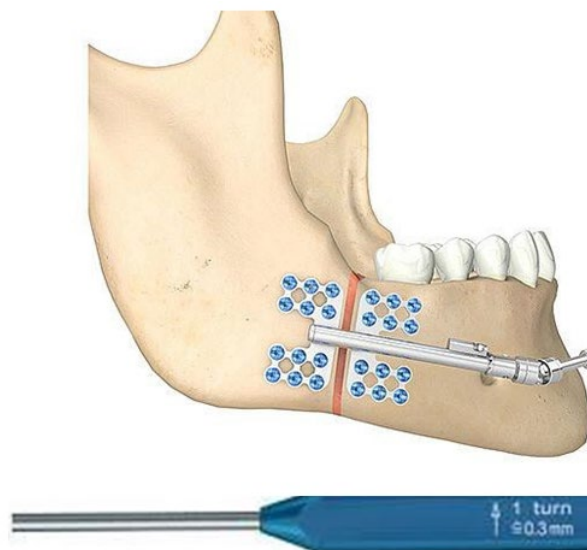
You or your child (if you are a parent/caregiver) may have one of the following devices to widen the upper or lower jaw. These are called distractors. Each device needs to be activated or turned as directed. You will keep your device for a few months after turning to let the bones heal.

**Turn your device: \_\_\_ turns \_\_\_ times per day.**

Your orthodontist will decide when you have enough expansion.

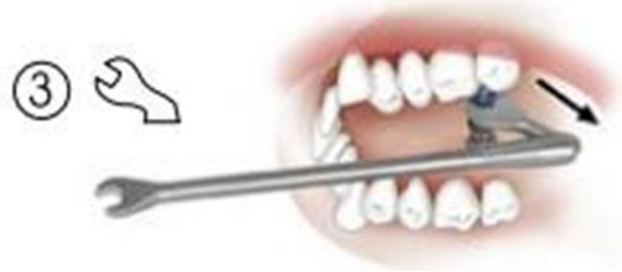
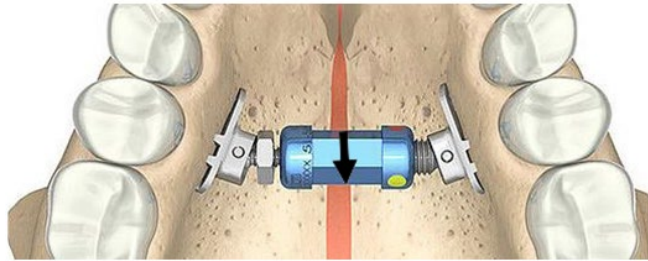
### Zurich II instructions:

- Begin turning on Day 1.
- Two activation arms will come out of the skin, below the jaw. Use the screwdriver on the activation arm to turn.
- Clean the two sites with half strength peroxide
- Wrap with xeroform gauze.
- The arm extension will be removed before you are discharged.



### Rapid Palatal Expander instructions:

- This device is used to widen the maxilla (upper jaw) and is held by two screws.
- Begin turning on Day 5-7. A wrench with a flex joint allows you to turn it. You can tell the barrel is rotating by seeing the colored dots revolve. The device will only turn the direction the black arrow points.
- Rinse with Peridex or salt water to keep the site clean.



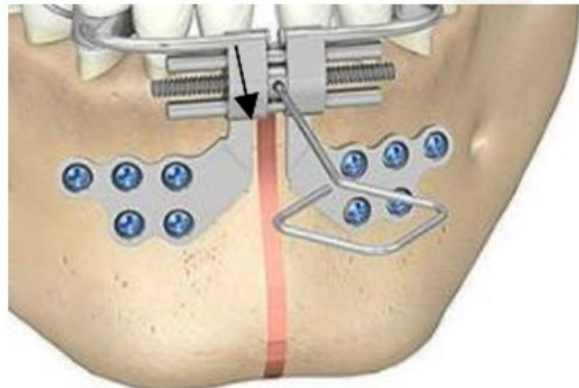
### Rotterdam distractor instructions:

- This device expands like a car jack, a gap in your two front teeth will occur. You may have a wire securing it to your teeth.
- Begin turning on Day 5-7. The screwdriver connects straight on the front of the device.
- Rinse with Peridex or salt water to keep the site clean.



## Bologna midline distractor instructions:

- This device may be used on your upper or lower jaw.
- Red rubber bumpers may be used to cushion your lip. Wax may also be used.
- Begin turning on Day 5-7. Use the activation key to turn the device.



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