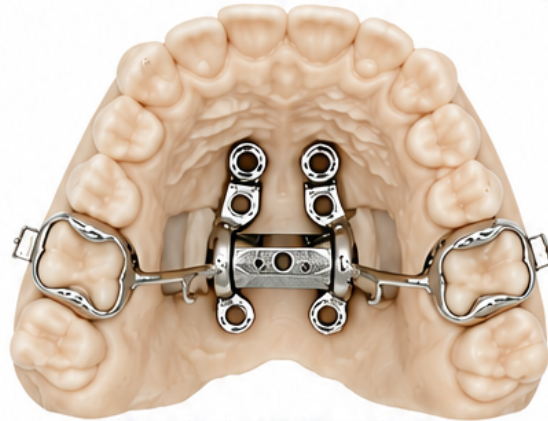


Miniscrew - Assisted Rapid Palatal Expander (MARPE)

A miniscrew-assisted rapid palatal expander (MARPE) is an orthodontic appliance used to widen the upper jaw (maxilla). Small temporary screws help anchor the appliance to the palate for more effective expansion with less reliance on the teeth.

MARPE is an important tool that can help correct a narrow upper jaw and improve the way your teeth and jaws fit together.



Example of a MARPE appliance.
Your appliance may look different based on your anatomy and treatment needs.



WHY DO I NEED A MARPE?

- Widen a narrow upper jaw
- Correct a crossbite
- Improve the relationship between upper & lower jaws
- Create additional room for crowded teeth
- Improve the width and shape of the upper dental arch
- Achieve more skeletal expansion with less reliance on the teeth



WHAT MAKES MARPE DIFFERENT?

MARPE uses miniscrews (TADs) that anchor the appliance directly to the palate. This allows the expansion forces to be directed more toward the upper jaw and less toward the teeth.

THE MAIN PARTS OF YOUR MARPE

- 1 **Expansion Screw** – gradually widens the appliance
- 2 **Miniscrews (TADs)** – anchor the appliance to the palate
- 3 **Framework** – connects the screw and supports the appliance
- 4 **Dental Attachments** – help stabilize and position the appliance



WHAT SHOULD I EXPECT?

- ✓ Miniscrews are placed using local anesthetic.
- ✓ You may feel pressure during the procedure, but the area will be numb.
- ✓ It's normal for the appliance to feel bulky at first.
- ✓ Your tongue, speech, and swallowing will adjust with time.
- ✓ Follow your activation schedule exactly as instructed.
- ✓ Expansion should feel like pressure—not severe or persistent pain.
- ✓ It typically takes 2–8 weeks to complete the turns needed.

DON'T WORRY ABOUT THE GAP!

A space may develop between your two upper front teeth during active expansion. This is a positive sign that expansion is occurring. The gap is temporary and will close naturally as treatment progresses.



EATING TIPS

- ✓ Enjoy soft foods at first: pasta, rice, eggs, yogurt, soup, smoothies, and more.
- ✗ Avoid hard, crunchy, sticky, or chewy foods.
- ✂ Cut foods into small pieces instead of biting.
- ♥ Good nutrition helps your treatment succeed!

KEEP IT CLEAN

Excellent oral hygiene is extremely important during treatment.

- ✓ Brush your teeth and MARPE thoroughly after meals.
- ✓ Clean carefully around each miniscrew and under the appliance.
- ✓ Use a water flosser or other aids if recommended.
- ✓ Rinse when brushing isn't possible.
- ✓ Check for trapped food.



HOW TO TURN YOUR EXPANDER

1. Insert the key completely.
2. Push in the direction shown.
3. Turn until the next opening is visible.
4. Remove the key carefully without reversing.



WHEN SHOULD I CALL?

- Severe or increasing pain
- Loose miniscrew or appliance
- Appliance is broken or distorted
- Can't turn the expander
- Swelling, bleeding, irritation
- Unsure if a turn was completed
- Something doesn't seem right



AFTER EXPANSION

When expansion is complete, stop turning when instructed by your orthodontist. Your MARPE will stay in place for a stabilization period to allow new bone to form. We will continue to monitor your progress and guide the next steps in your treatment.



FOUR THINGS TO REMEMBER

- TURN only as instructed
- CLEAN carefully around your appliance
- DON'T PANIC if a temporary gap develops between your front teeth
- CALL US if something doesn't seem right