MEDLAND
ORTHODONTICS

Our Parent's Guide to the Widening Plate


YOUNG
FREE
WILD

Congratulations — your child's new smile starts today, and we're with you both every step of the way.

A widening plate is one of the most gentle and effective ways to give your child's smile the space it needs. Your orthodontist has used a digital 3D model of their teeth to design a plate that's uniquely theirs - carefully crafted to gradually widen the upper arch with precision and care.

YOUR QUESTIONS, ANSWERED

Our Education Hub is your go-to for FAQs, helpful videos, and everything in between.

PLEASE CALL (07) 5597 3344

If you have any questions

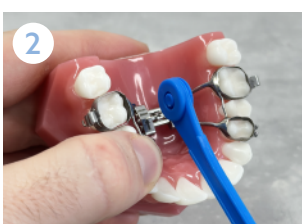
How to Turn the Widening Plate

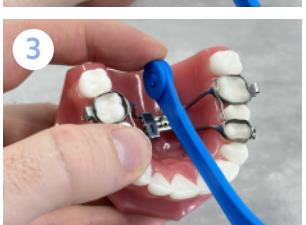
FOLLOW THESE SIMPLE STEPS EACH TIME YOU MAKE A TURN:

1. Hold the key with the flat edge towards the roof of the mouth.
2. Insert the key into the hole closest to the front teeth.
3. Slowly push the round end of the key down towards the back of the mouth.
4. Once fully pushed down, a new hole will appear — this means you're on the right track.
5. Slide the key out towards the back of the mouth.
6. If the key looks like the 'Finish' picture, the turn has been completed successfully.

> Once your turn is complete, tick it off on your Appliance Turn Chart - it's a great way to stay on track.











The First Few Days

The first few days with a widening plate are the biggest adjustment - and that's completely normal. Here's what you might notice and how to manage it:

TENDERNESS

Some mild tenderness as the plate begins expanding the arch is completely normal. Your child's usual pain relief will help if needed.

INCREASED SALIVA & SWALLOWING

Extra saliva and some difficulty swallowing in the first few days is very common as the mouth adjusts to the plate. It passes quickly.

TONGUE ADJUSTMENT

It may take a few days for your child's tongue to get used to the plate. Again, completely normal and temporary.

GAP BETWEEN FRONT TEETH

A small gap may appear between the top front teeth as the arch widens - this is a great sign that the plate is working. It will close naturally once the turns are complete.

IRRITATION

If the plate is rubbing on the cheeks, apply a small amount of the wax provided to the affected area, and dab the relief gel onto any sore spots inside the cheeks. Remove the wax before eating or brushing and reapply as needed.

> **We're a team - and that includes your child's dentist.**
> **Keep up with regular check and clean visits throughout treatment.**

Keeping Your Teeth Healthy

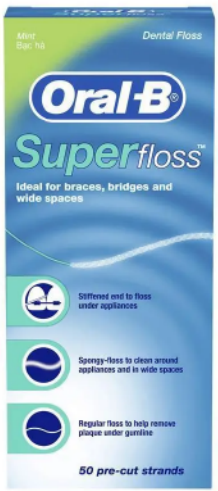
CLEANING THE TEETH

To maintain great cleanliness of the teeth and widening plate, brush twice a day - morning and night - making sure to clean all surfaces of every tooth. Be sure to thoroughly brush the plate, teeth, gums and roof of the mouth. Both manual and electric toothbrushes work well, so use whichever you prefer.

FLOSSING & INTERDENTAL BRUSHES

Flossing remains just as important with the widening plate - aim for at least once a day. We've also included interdental brushes in your take-home pack, which are perfect for cleaning the hard-to-reach areas underneath the plate. A quick floss each day makes a big difference to your child's overall oral hygiene throughout treatment.

> A good brush and floss should take 4–5 minutes - think of it as 5 minutes towards a smile that lasts a lifetime.

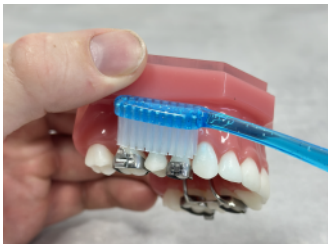




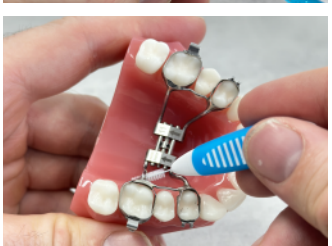
How to Brush Around Your Plate

USE A SOFT TOOTHBRUSH

1. Start at the back of your top teeth on the right side, just above the silver bands.
2. Slowly work your way around to the back left side.
3. Brush your front teeth using small, gentle, circular motions.
4. Brush the biting surfaces of all your teeth.
5. Brush the inside surfaces where the metal meets the bands.
6. Use your toothbrush to carefully clean the turning mechanism on the roof of your mouth.
7. Finish with your interdental brush to remove any food tucked underneath the plate.










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Dr Will

What to Eat and What to Skip





During your treatment, we recommend avoiding anything too hard, crunchy, sticky, or chewy things like nuts, popcorn, pork crackling, toffees, lollies, and ice.

These can damage your plate and add extra time to your treatment, and nobody wants that! Try to limit sugary foods and drinks too - your teeth will thank you.

The good news? All your favourite fruits and vegetables are still on the menu - just cut them into bite-sized pieces first. Easy!

Getting The Most From Your Treatment

KEEPING YOUR APPOINTMENTS

Every appointment matters - missed visits can add extra time to your treatment, so do your best to keep each one.

TURNING YOUR APPLIANCE AS INSTRUCTED

Making your turns exactly as instructed is one of the most important things you can do. Skipping or missing turns can slow down your progress and add time to your treatment - so stick to the schedule!

KEEPING YOUR TEETH & PLATE CLEAN

Clean teeth and a clean plate mean faster progress. Following the hygiene routine we've shown you helps keep your treatment on track and moving smoothly.


YOUR QUESTIONS, ANSWERED
Our Education Hub is your go-to for FAQs, helpful videos, and everything in between.

OUR COMMITMENT TO YOU

Straight teeth for life