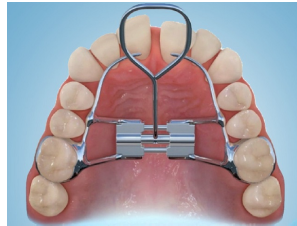


How to turn rapid maxillary expansion appliance (RME)

01

Carefully insert the key into the hole in the middle of the RME



02

Gently but steadily push the key from the front towards the back of the mouth
(You will know when you have turned far enough as you will be able to see the hole ready to be turned again)

03

Continue turning as per Orthodontists instructions below.

Please turn per day

for days

04

ONLY turn for as long as your Orthodontist has advised above.
Please call reception on 9969 1144 if you have any questions.

CHECK OFF AS YOU GO



| | | | | | | |
|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |