

# PATIENT INFORMATION

## TRANSPALATAL DISTRACTOR (TPD)

An upper jaw that is too narrow often causes problems such as lack of space for the teeth, incorrect relation between teeth, mouth breathing and a less aesthetic smile.

"Transpalatal distraction" is a technique in which the upper jaw is widened.

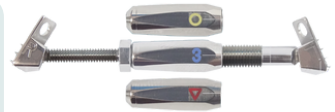


TPD patient keys

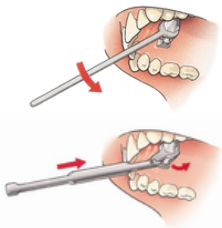
The surgeon will surgically weaken the upper jaw, and place a Transpalatal Distractor (TPD) in the palate. The upper jaw is then widened by widening the TPD itself.

About 5 to 7 days after the procedure, you will receive a patient key. With it, you can widen the TPD yourself every day.

A TPD has 3 sides. On each side, you can see a coloured symbol (yellow circle, blue number, red triangle) or a coloured dot (yellow, blue, red). The idea is that - by turning the TPD with the help of the patient key - every day a new symbol or coloured dot becomes visible in the mouth.



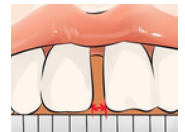
TPD with different coloured symbols



TPD widening with the patient key

To turn to the next symbol/colour, and widen the TPD, the patient key is placed over the TPD, as close as possible to the upper teeth. Then the key is turned from the upper teeth to the lower teeth or pushed forward. If the next symbol/colour is not fully visible or there is no tension on the TPD, repeat this until the next symbol/colour is fully visible or until the TPD is under tension.

The widening of the TPD using the patient key will take a few weeks, depending on how much widening is needed. During the widening process, there will be an increasing gap between the middle incisors. This will eventually be corrected by orthodontic treatment. Please note that this gap is widening every day.



gap between incisors

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Once the desired expansion has been achieved, the surgeon will block the TPD so that it cannot get any narrower or wider. The TPD will remain in place for 4 to 6 months. After this period, and when the TPD is no longer needed for orthodontic treatment, the surgeon will remove the TPD.



Frontal view  
before treatment



Frontal view  
after treatment

### Some points of attention:

- The TPD must always be under tension
- If the distractor comes loose or unusual changes in the midface and/or lower jaw region occur, the surgeon must be informed as soon as possible
- The gap between the middle incisors must widen every day
- Good oral hygiene is absolutely necessary during treatment
- Do not apply excessive forces or manipulate the TPD
- Avoid constant movement of the tongue against the TPD
- Contact your healthcare professional if you believe that you are experiencing side effects related to the TPD or its use or if you are concerned about risks
- Periodical follow-up by your surgeon is required
- Distract a maximum of two markings per day, to avoid over expanding
- Asymmetric expansion could result in corrective surgery



before



during



after

### Track your distraction, indicating which colour is visible today:

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
..... / .....	..... / .....	..... / .....	..... / .....	..... / .....	..... / .....	..... / .....	..... / .....	..... / .....	..... / .....
○ ▼ ×	○ ▼ ×	○ ▼ ×	○ ▼ ×	○ ▼ ×	○ ▼ ×	○ ▼ ×	○ ▼ ×	○ ▼ ×	○ ▼ ×
Day 11	Day 12	Day 13	Day 14	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20
..... / .....	..... / .....	..... / .....	..... / .....	..... / .....	..... / .....	..... / .....	..... / .....	..... / .....	..... / .....
○ ▼ ×	○ ▼ ×	○ ▼ ×	○ ▼ ×	○ ▼ ×	○ ▼ ×	○ ▼ ×	○ ▼ ×	○ ▼ ×	○ ▼ ×