



ROBERT J. RELLE, D.D.S.
TED F. FEDER, D.D.S.

DIPLOMATES, AMERICAN BOARD OF ORAL AND MAXILLOFACIAL SURGERY
FELLOWS, AMERICAN ASSOCIATION OF ORAL AND MAXILLOFACIAL SURGEONS

9066 TAMPA AVENUE, NORTHRIDGE, CA 91324

PHONE: 818-993-5700, FAX: 818-993-6814

After Surgically-Assisted Rapid Palatal Expansion

1. Facial swelling will increase for the first 48-72 hours. Apply ice packs (protect your skin with a thin towel or wash cloth) and keep the head elevated. Packaged frozen peas make an ice pack that adapts well to the contours of the face. Most of the swelling will resolve within the first few weeks. Resolution of the remaining swelling may take several months.
2. Bruising may occur after a few days. The bruising may sometimes extend onto the upper chest.
3. Nasal congestion and minor nosebleed is expected. You may “sniff back” or wipe, but do not blow your nose. You may use a saline nasal spray to loosen clots and mucous. A non-prescription nasal decongestant spray may be used for severe congestion, but overuse will increase the congestion.
4. Starting four days after surgery, activate the expander twice daily as instructed.
5. Brush the teeth gently with a small soft bristle toothbrush. You may use toothpaste. Your upper gums will have reduced sensation. Be careful not to injure the gums while brushing.
6. You may use a mouth rinse.
7. Meals may include liquids and soft food. You may sense some motion in your upper jaw when you press your teeth together. This is normal and temporary.
8. No smoking.
9. Postoperative medications must only be taken as prescribed. You should not drive if you are taking narcotic pain medication.
10. Light activity is acceptable, even good. Try to be out of bed during the daytime.
11. If there are any questions or concerns, please contact our office at 818-993-5700 during regular office hours, and 818-825-0140 after-hours.