

MARPE Treatment Overview

What Is MARPE?

MARPE (Mini-screw-Assisted Rapid Palatal Expansion) is a skeletal expansion appliance designed to widen the upper jaw.

- It works by opening the **maxillary sutures**.
- It is supported by **Temporary Anchorage Devices (TADs)** placed in the bone.
- Because it is bone-supported (not just tooth-supported), it allows for **more predictable skeletal expansion** in adolescents and adults.

Airway Considerations

Expanding the upper jaw can:

- Increase the width of the nasal cavity - reducing resistance to nasal breathing
- Support better airway volume
- Increase tongue space - secondarily creating more space in the back of the throat

For patients with:

- Airway and nasal breathing restriction
- Mouth breathing
- Snoring
- Mild to moderate sleep apnea

Maxillary expansion may be an important component to improving airway health.

Treatment Timeline & Sequence

Estimated Total Treatment Time: Approximately 18-24 months

Step 1

Consultation with an oral surgeon to evaluate for placement of TADs.

Step 2

Return to our office for a digital impression scan to fabricate the MARPE appliance and prepare for orthodontic treatment. The doctor and the technician will work together to custom design the expander for each patient.

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Step 3 (Approximately 6 Weeks Later)

Braces or clear aligners as well as the MARPE will be delivered at the same appointment.

Step 4

Within one week of MARPE cementation, you will see the oral surgeon for TAD placement.

Step 5

Once the TADs are placed, expansion will begin as instructed.

Step 6

Virtual check-ins: We will text you to ask for photos weekly. Please stay consistent with your photos so the doctors can virtually monitor your progress. Photos can be texted to either main office phone number.

What to Expect During Expansion

- Mild pressure or soreness is common during activation.
- A temporary space between the upper front teeth is expected – this indicates that skeletal expansion is occurring.
- The first week may feel unusual. Eating, swallowing, and speech can be temporarily affected.
- The MARPE appliance will remain in place for approximately **8-10 months, or as directed by the orthodontist.**
- After expansion is complete, orthodontic treatment will continue to align the teeth and finalize the bite.

If you started with a positive sleep study, our doctors will ask that you complete a follow up sleep study after expansion.

We are Here for You

Please do not hesitate to reach out with any questions. We look forward to partnering with you to improve both your dental alignment and airway health.

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