

	Invisalign Palatal Expander (IPE) Schedule*							Note: Expander e20= 5mm Expander e40= 10mm (Must see Dr)	Patient's Name:		
	Weekday = Every 2 days, Change at night				WeekEND = Change Daily, At night			* If in doubt, please contact our Clinic.	Dr. In charge: Dr Poon KHw Dr Duan D Dr Chong HT		
Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Remarks:	Est.	DAILY	2 DAYS
							CHANGE: e	Please book a 2 week review appt.	4 wks	7mm	3.5mm
									6 wks	10.5mm	5.25mm
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	5 x Expanders =1.25mm	8 wks	14mm	7mm
	CHANGE: e		CHANGE: e		CHANGE: e	CHANGE: e	CHANGE: e		10 wks	17.5mm	8.75mm
									12 wks	21mm	10.5mm
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	5 x Expanders =1.25mm			
	CHANGE: e		CHANGE: e		CHANGE: e	CHANGE: e	CHANGE: e				
Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	5 x Expanders =1.25mm			
	CHANGE: e		CHANGE: e		CHANGE: e	CHANGE: e	CHANGE: e				
Week 5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	5 x Expanders =1.25mm			
	CHANGE: e		CHANGE: e		CHANGE: e	CHANGE: e	CHANGE: e				
Week 6	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	5 x Expanders =1.25mm			
	CHANGE: e		CHANGE: e		CHANGE: e	CHANGE: e	CHANGE: e	Check in Appt			
Week 7	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	5 x Expanders =1.25mm			
	CHANGE: e		CHANGE: e		CHANGE: e	CHANGE: e	CHANGE: e				
Week 8	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	5 x Expanders =1.25mm			
	CHANGE: e		CHANGE: e		CHANGE: e	CHANGE: e	CHANGE: e				
Week 9	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	5 x Expanders =1.25mm			
	CHANGE: e		CHANGE: e		CHANGE: e	CHANGE: e	CHANGE: e				
Week 10	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	5 x Expanders =1.25mm			
	CHANGE: e		CHANGE: e		CHANGE: e	CHANGE: e	CHANGE: e				
Week 11	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday				
	CHANGE: e		CHANGE: e		CHANGE: e	CHANGE: e	CHANGE: e				
Week 12	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday				
	CHANGE: e		CHANGE: e		CHANGE: e	CHANGE: e	CHANGE: e				
Week 13	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday				
	CHANGE: e		CHANGE: e		CHANGE: e	CHANGE: e	CHANGE: e				



