

Tooth Positioner Instructions

Your tooth positioner's main purpose is to "squeeze" (intercusate) your back teeth together, to finalize all tooth positions, and to properly align your bite and your jaw joint. A tooth positioner will improve the health, function, and appearance of your teeth and smile.

A. Insertion and Wear

1. Place on your **upper** teeth first, then stretch to engage your back teeth into their proper sockets.
2. Hold the upper section and **bite** into the lower section.
3. **While wearing your positioner, exercise with it by biting or clenching into it for 10-15 seconds, then relaxing. This should be done as often as you can.**
4. You must wear your positioner **full time** for **1 week** and then for a minimum of **4 hours** per day plus **every night**. The positioner should be worn more on weekends.
5. ***IF YOUR POSITIONER FALLS OUT AT NIGHT, YOU MUST INCREASE WEAR TIME THE NEXT DAY.***
6. Average wear time is usually **2-3 months**, but may be longer or shorter if necessary. This wear time can only be determined by the doctor.
7. Use your tooth positioner as a mouthguard whenever you participate in contact sports.

B. Care

1. **BRUSH** your tooth positioner at least twice a day in **cold** water with toothpaste.
2. Rinse only in **cold** water. ***Hot water may warp your tooth positioner and distort its fit.***
3. Remember, if you are wearing your tooth positioner as asked, it will turn slightly yellowish in color.

C. Other Important Things

1. Your tooth positioner may cause some minor discomfort for several days. This will disappear as the teeth are guided into their proper positions.
2. If your teeth become sore, the *soreness will disappear faster with increased tooth positioner wear.* Not wearing the tooth positioner will **prolong** the soreness.
3. Do not allow a **dog** or **cat** to get close to your positioner...**they will chew it up!!!**
4. Bring your tooth positioner with you to **ALL** appointments.
6. If the positioner is rubbing your gums, call the office and we will adjust the fit.
7. If you do not wear the positioner as instructed, your chance of needing braces again increases.

CONGRATULATIONS on reaching this stage of your orthodontic treatment!!

Excellent Tooth Positioner Wear is Critical to Achieving a Beautiful Healthy Smile!!

FOLLOW US ON OUR SOCIAL MEDIA

