

## Positioner

- Your positioner should be worn for 12 consecutive hours per day. Ideally, it is worn about three-four hours before bed and while sleeping.
- During waking hours, exercises as described should be done for 15-20 minutes each hour. These exercises will allow your teeth to settle into the desired position determined by the appliance. Squeeze your teeth together, make side-to-side, front-to-back, and circular motions.
- Day and night-time wear are equally important.
- Wearing the appliance only at night is not adequate to achieve the desired results.
- Only wearing the appliance during the day will result in unwanted tooth movement. At night, the positioner is acting as a retainer and preventing the teeth from shifting.
- When you remove the positioner to brush your teeth, also thoroughly, but gently, brush the positioner with your toothbrush and toothpaste.
- When your positioner is not in your mouth, always keep it in the case provided. Never place it in a tissue or napkin, as these are often discarded in the trash.
- It is best to brush your teeth after every meal before you replace your positioner. If you can't, at least rinse your mouth with water to remove any food particles.
- Keep your positioner out of reach from pets, as they like to use it as a chew-toy.
- Since this is a new appliance, you will go through a period of adjustment. You may notice increased saliva and areas of tenderness. This is normal and usually resolves in a few days. Continuous wear of the positioner will speed this process.
- The Doctor will check your positioner periodically and make adjustments as needed. Please remember to bring it with you to your orthodontic appointments at the office.