



(678) 417-9848

FINISHING ORTHODONTIC TREATMENT WITH THE TOOTH POSITIONER

In order to achieve the best fit of the teeth, best esthetic appearance of the smile, and an improvement in the gum tissue health, we have chosen to use an additional and special finishing step in orthodontic treatment. A custom-fabricated device, called a Tooth Positioner, has been produced in a laboratory just for you. The Tooth Positioner can finalize or refine your current orthodontic results if it is worn as directed.

The Tooth Positioner is to be worn **24 hours/day** for the first **4 days** in order for it to be successful. It should only be removed for eating and brushing activities. During the time it is worn, we ask that it be “chewed.” In other words, repeatedly clench your teeth straight into this mouthguard-type appliance and bite together with some force for about 20 seconds and then release. Do this for 10-minute intervals every hour during the day, and the remainder of the time, simply close lightly into the Positioner. This “force” will enable the teeth to move into the ideal mold created for your teeth. This “exercising” will straighten them even better than we have accomplished with braces; otherwise, you may need additional time with braces.

After 4 days, the Tooth Positioner is to be worn for a minimum of **3 hours** in the evening while doing the biting exercises. It should also be worn to bed at night. This will continue for **4-12 weeks depending upon each patient’s specific needs**. You cannot wear it too much, the more you wear it the better it works and the quicker you progress to regular retainers.

***WARNING! Proper use of the Positioner is critical. Failure to wear as directed will allow the teeth to move, possibly requiring braces again!**

If the teeth are improved after **4-12 weeks** of use, traditional retainers will be fabricated to replace the Tooth Positioner. The Positioner should still be kept safe to use as a “back-up” in case a traditional retainer is lost or broken. In addition, the Positioner may function as an excellent sports mouthguard.

As this device will be worn during school or work hours, there will certainly be some constraints in your ability to speak. Please provide a copy of this information to your teacher or employer and ask for their consideration and understanding during the **first 4 days of full-time wear**. The Positioner is an expensive investment to finalize your orthodontics, but the superior results of this extra step are most worthwhile and beneficial. Thanks for your cooperation and extra effort in completing your care! The small sacrifice will be apparent every time you smile.