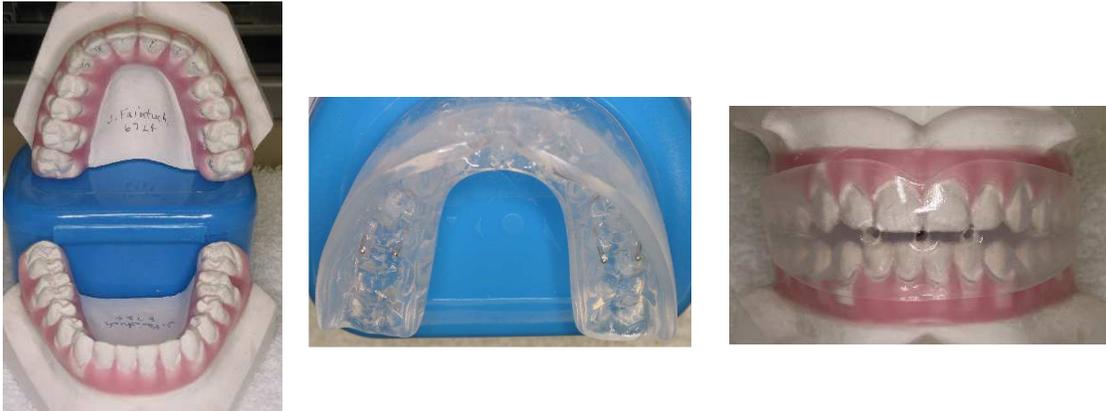


Positioner



- ◆ A **Tooth positioner is an active appliance** that is sometimes used when a patient gets their braces off and still needs a bit of “tooth settling” so that the teeth all fit together like gears on a wheel.
- ◆ A plaster model of your teeth is reset in the laboratory to produce your ideal bite. A positioner is then manufactured on that model to duplicate the ideal bite. When you wear this positioner it will move your teeth into the ideal finished position.
- ◆ It is critical during the first week that the positioner be worn **as much as possible**. **You will be wearing your positioner a minimum of 12 hours during the day and every night while sleeping**. After the first week the Positioner needs to be worn for a minimum of *3-4 hours while awake* and every night while sleeping.
- ◆ It is essential that you exercise your teeth when wearing the Positioner. Use a **straight up and down biting motion: Squeezing and relaxing (do NOT use a chewing motion side to side)**. Be certain your teeth are still fitting into the proper sockets in the positioner. **Clenching into the positioner should continue in 20 second intervals every 15 to 20 minutes. Your teeth will be sore-this indicates they are actively moving.**
- ◆ Brush the positioner at least once a day with a toothbrush and toothpaste to keep it clean. Only use **cold** water to rinse your positioner.
- ◆ Never let your positioner get **too warm** (i.e. leaving it in the car or submerging in hot water) since *heat will deform the appliance*.
- ◆ **Always** store your appliance properly in its case and remember to bring it to each appointment.
- ◆ The positioner is usually worn for a *4-6 week* period and then can be used as a regular retainer or replaced by conventional retainers.