

## A STAGE RETAINER - TOOTH POSITIONER

Today, you are receiving a specific type of retainer called a "TOOTH POSITIONER." This retainer is used to guide any erupting permanent teeth into their ideal positions and to properly align your bite and jaw joint. A properly aligned bite improves the health, function, and appearance of your teeth and smile.

Place on your upper teeth first, then bite the lower teeth into their proper sockets. While wearing your positioner, bite or clench into it for 10-15 seconds, relax for a minute and repeat. Do this as often as you can. By repeating this motion, it teaches muscle memory of how your bite and jaws should be. This may cause the jaws to become sore as they are not used to this constant motion. The soreness will dissipate with increased tooth positioner wear as more teeth are guided into the correct positions.

Wear your retainer **24 hours a day for one week**. You should **ONLY** remove it when talking, eating and cleaning.

After one week, wear the retainer for **4 hours a day PLUS during bedtime (8-12hours)**. If the tooth positioner falls out at night, wear it for an extra hour the following day!

- Use this retainer as a sports mouthguard in contact sports.
- Please continue using the Spry xylitol products, hydroxyapatite paste, and oral probiotics to aid with proper oral hygiene.
- A retainer case is being provided. Use this case when removing the retainer to eat. Please write your name and phone number on the case. Brush the retainer before placing it in the case and follow one simple rule: If the retainer is not in your mouth, it must be in the case!
- DO NOT leave your retainer or case near any animals! **THEY WILL EAT THEM!** DO NOT wrap the retainer in a napkin or set it down on a plate or table. **IT WILL GET THROWN AWAY!** There is a fee for lost or broken retainers. Call us if this happens!
- The retainer will become easier to place and remove after several days. It is normal for the retainer to feel loose. Biting down on the Tooth Positioner is what keeps it in place. Bring the retainer to all appointments so it can be adjusted if needed.
- Once a day, for 15-20 minutes, you can soak the retainers in Efferdent, Polident, or any CLEAR or whitening mouthwash to keep them "fresh" tasting. Never soak them in colored mouthwash. The retainer will stain. On occasion, you can brush with OxiClean White if the retainer appears dingy. Make sure to rinse thoroughly. The tooth positioner is designed to turn slightly yellowish indicating it is being worn adequately.
- Because the retainer is made of rubber, hot water or leaving it in direct sunlight can cause it to warp and effect fit.
- After 12 weeks, you will have a follow-up appointment. Average wear time for this specific retainer is typically 6 months, but can be shorter or longer depending on the eruption of your permanent teeth. The doctor will determine the wear time.

### REMINDER

You will outgrow this retainer in 6-12 months as your jaws continue to grow, primary teeth fall out and new permanent teeth erupt. Wearing the retainer for too long can actually restrict future growth of your jaws.

Phase 1 orthodontic treatment has specific skeletal, functional or dental goals. We cannot determine the final alignment of your teeth and bite until all permanent teeth erupt and growth is completed. Please keep in mind that a second phase of orthodontic treatment will be needed after all permanent teeth erupt. At that time, we will finalize teeth positions and address the bite. All details will be discussed at that time.

We are extremely appreciative that you have chosen our orthodontic practice for care. Our practice continues to grow through referrals from patients, friends, and family. We would appreciate a Google review if you are interested. Anyone completing a Google review will receive \$10 on their Rewards Card! On the next page, you can find QR codes to leave a review if interested.

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