



Burkhardt • Pecora orthodontics

TOOTH POSITIONER APPLIANCE

As part of your final phase of orthodontic treatment, you or your child has been given a tooth positioner. This appliance is made specifically for you from models obtained from recent impressions. The wear of the positioner appliance is intended to be of relatively short duration (three weeks to two months).

We ask you to wear your positioner as directed (usually as much as possible) until your next appointment. We would like you to wear your positioner on a full time basis for the next 24 hours, except when eating, and then as much as possible for the next five to seven days. At minimum, we need you to wear the positioner four to six hours during the day and during sleeping hours. If you are unable to wear your positioner at night, increase daytime wear by one hour.

Although you may feel that your teeth are straight at the time the braces are removed, proper wearing of your positioner will provide an even better finished result. Your positioner can accomplish minor tooth movements more effectively than the final wires could; otherwise, these final tooth movements may have taken months longer with the braces. The positioner also will maintain your teeth in these new positions (like a retainer) and also will help close the spaces remaining between your back teeth after the bands are removed.

We will check you approximately two to three weeks after positioner delivery to take your final records and determine when you will be getting your retainers. This decision is based on how well you have been wearing the positioner and how your teeth look.

It is essential that you “exercise” in the following manner while wearing the positioner. Use a small, straight up and down biting motion and make sure that your teeth still are fitting into the proper spots of the positioner. This clenching into the positioner should continue as frequently as possible. **Do not** use a chewing or sideways motion as this may damage the appliance. Discomfort can be relieved by taking ibuprofen (e.g. Motrin or Advil) or Tylenol.

Your teeth will be sore at first. This mild discomfort means the positioner is working and your teeth are moving into their final positions.

It is important to clean your positioner thoroughly at least once a day by scrubbing it with a stiff toothbrush and toothpaste. You also may soak it in mouthwash or use denture cleaner. *Do not put your positioner in hot or boiling water or in the dishwasher as this will cause distortion and possibly melt the appliance. Also, do not leave your positioner in direct sunlight or near extreme heat. Most importantly, do not leave your positioner near any household pets. Dogs, especially, are attracted to the scent of the positioner. Always put your positioner in the plastic case when not wearing it.*

When you are instructed to discontinue regular positioner wear, please do not discard it. The positioner should be kept in a safe place. If you are unable to wear your retainer(s) in the future for any reason, you should go back to wearing the positioner until your retainers are replaced or repaired. In addition, the positioner can be used in years to come to retrain your teeth if needed.

THIS PART OF YOUR ORTHODONTIC TREATMENT REQUIRES THE HIGHEST LEVEL OF PATIENT COOPERATION. IF YOU ARE HAVING ANY PROBLEMS WITH THE POSITIONER, OR IF JAW PAIN DEVELOPS, STOP WEARING THE POSITIONER AND PLEASE CALL OUR OFFICE IMMEDIATELY.