

Facts about your Positioner

Congratulations

on your new smile!



You just got your braces off and you LOVE your new smile. However, as Dr. Cooke told you, the job is not yet done. To finish your orthodontic treatment, maintain your bite and to allow your gums to heal, the doctor has given you this POSITIONER appliance.

POSITIONER - is a soft, resilient finishing appliance with the tooth impressions in the perfect positions. As you exercise, or bite into it, the appliance stretches and pushes back against your teeth. The pressures applied will be in just the right direction to help perfect your bite and smile.

PLACING – Start by fitting to your upper teeth. You may need to stretch and hold it in place with your fingers until your lower teeth are closed into it. The more you wear it, the easier this process will become.

EXERCISE WEARING – To do this, bite firmly into the pre-finisher and hold the bite for as long as possible. This does not mean chewing on the appliance

RELAXED WEARING – Wear the retainer while sleeping, doing homework, watching TV, computer work, etc. We need a total of at least 12 hours per day! 4 hours while awake and 12 hours while sleeping.

CLEANING – scrub it thoroughly with soap and hot water. Do not place it in boiling water or put it in the dishwasher.

QUESTIONS/CONCERNS/DISCOMFORT – Please contact us as soon as possible.

SCORE CARD:

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
4 hours/day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
All night	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>