

# Your New Positioner

## **Congratulations!**

You have now completed the ACTIVE phase of your orthodontic treatment. The braces are off and things feel great.

However, this doesn't mean that you're all done. You are now in the important STABILIZATION phase during which we will work on maintaining the result we've worked hard to achieve. The next 18 months or so will require your careful cooperation.

This first retainer is called a GNATHOLOGIC POSITIONER. It looks like a mouthguard, but is actually a highly sophisticated and expensive custom orthodontic device designed to coordinate tooth fit with the correct jaw position. This refinement is often invisible to the untrained eye, but is crucial in attaining a stable final result.

## **Positioner Wear**

**Before the first weekend: 14 hours per day** (basically after school and to bed)

**During the first weekend: 48 hours** (full time wear for 2 days)

- ❖ Your teeth are quite mobile when the braces first come off. Therefore this 48 hour period allows the teeth to move quickly and easily into the correction positions. You can do a couple of months of wear in 2 days if worn properly!
- ❖ You may find that your teeth and/or jaws get sore initially during this period; take some pain medication if necessary.

**After the first weekend: 14 hours per day (as before)**

- ❖ When you wear it while awake, use it as an exercising appliance; squeeze gently up and down into the positioner. This helps the teeth move.

You will have the positioner for a couple of months; then we will change to small (and easier-to-wear) RETAINERS.

**DON'T LOSE IT!** A positioner is very sophisticated and expensive to replace.

**DON'T WRAP IT** in a napkin or tissue! It WILL get thrown out.

**DON'T LEAVE IT** where children or pets may get it.

**DO** keep it in its case and safely in a drawer when not being worn.

**DO** brush it with your toothbrush, but **DO NOT** use toothpaste which degrades the rubber material

Problems? Call our office and we will advise you accordingly. **DO NOT WAIT** until your next scheduled appointment. Don't just stop wearing it!