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.