

POSITIONER APPLIANCE

With the completion of the fixed phase (braces) of treatment, we are starting you with a temporary appliance called a POSITIONER. This appliance will be worn for approximately the next 12 weeks.

The following instructions will help obtain the best results possible:

1. The positioner should be worn maximum for the next 24 hours. After this you are to wear it 4 day time hours and during the night while you sleep. Wearing for at least one hour before bed will help to assure the positioner will stay in place through the night time hours. If you are having difficulty sleeping with it, or the positioner is falling out several nights in a row, call the office so we can set up an appointment to adjust the positioner.
2. Be aware that soreness in your teeth or jaw will most likely occur while wearing the positioner. Think of it as another set of arch wires. Take what ever you would take for a headache.
3. Cleaning the positioner with your toothbrush and paste is a fine way of freshening it up.
4. BEWARE: Pets, especially dogs, can chew the appliance and destroy it. Keep the positioner in a safe place when not in use and in the case we provided.
5. If the positioner is loose, falling out, ill fitting, or lost please contact the office so that we can adjust, replace, or make impressions for your permanent retainers. If a replacement positioner is needed an additional cost will occur.

At this time you may begin to discuss what type of retainers you would like. You have 3 options, and all of which are included in the cost of your treatment:

1. **Conventional Retainers:** They have a plastic main section and wires across the front teeth and are removable and adjustable.
2. **Invisible Retainers:** They are similar to the Invisalign retainers and are removable, but not adjustable.
3. **Bonded Retainers:** They are small wires bonded behind the front few teeth on the upper and lower. They are more permanent and can not be removed, and normally stay in place until the patients wisdom teeth are removed.

We will verify with you the type of retainers you would like, as well as if you are a candidate for that specific type. Each retainer has its pros and cons, please feel free to ask any questions you may have about the different retainers either while you are here for your next appointment or you may call as well (908) 859-4555