

## Instructions for Positioner

1. Wear your positioner 24 hours per day for the first week. After that exercise your teeth 4 hours per day by alternately clenching and relaxing while wearing the positioner. Sleep with your positioner every night. Your positioner can also be used as a sports mouthguard.
2. You should take your positioner out when you eat and brush your teeth. Always keep your positioner in the case when you are not wearing it. Keep your name and phone number on the case.
3. Do not chew gum while wearing your positioner.
4. Clean your positioner daily. You may use soap and warm (not hot) or toothbrush and toothpaste. Denture cleaner can also be used as a ten minute daily soak.
5. Never wrap your positioner in a napkin or leave it on a lunch tray. It is easy to forget and throw it away.
6. Keep your positioner away from dogs and cats. They like to chew them.
7. Call Dr. Himelhoch if you are having any trouble with your positioner. Call immediately if you lose or break your positioner. Too much time without your positioner will allow your teeth to move improperly.