



### **What is a Positioner?**

This elastic appliance was made from models of the most current impressions of your mouth; however, the plaster teeth in these casts were moved into new, more settled position. Faithful wearing of the Positioner will complete your orthodontic treatment and provide an excellent final result; however the Positioner must be worn as prescribed to accomplish the goal.

Although you may feel your teeth are straight after braces are removed, proper wearing of your Positioner will provide an even better finished result. The Positioner can accomplish final tooth movements as well as maintain your teeth in their new position, and prevent possible relapse. Your Positioner is a valuable appliance made just for you. **DO NOT LOSE IT!** Always store in the plastic case as it is expensive to replace.

### **How to wear your Positioner**

When you put the Positioner in your mouth, be certain your teeth are in the proper sockets. It is best to place the upper arch, beginning with your front teeth – the, stretch the Positioner over your entire arch until all back teeth are in the proper sockets. Next, fit your lower teeth in the appliance by biting into the lower sockets. It is very important that your teeth are properly engaged in the Positioner- if you do not feel it is fitting properly, contact Dr. Razdolsky's office.

It is essential that you exercise your teeth while wearing the Positioner. Use a straight up and down biting motion, and be certain your teeth are still fitting into the proper sockets. This clenching into the Positioner should continue in 20 second intervals. Positioners are to be worn 2-3 hours each day (unless otherwise instructed).

