

All About the POSITIONER® APPLIANCE

Description:

A Positioner® Appliance is a clear, pliable “mouth guard” style appliance that conforms exactly to the contours of the teeth.

Usage:

The Positioner® Appliance is used to maintain a previous orthodontic result or to simply prevent undesirable movement of the teeth. In some circumstances, the appliance is also used to attain minor tooth alignment or minor closure of the bite. If used as a tooth movement retention appliance, the Positioner® is worn for four hours during the day and all night. If used for simple retention, it is worn at night indefinitely.

Cleaning:

We encourage patients to clean the appliance with toothpaste and a toothbrush. If the appliance needs a deeper cleaning, anti-bacterial soap and warm water can often help, followed by a cleaning with toothpaste. Mouthwash should NOT be used and hot water should also be avoided to prevent distortion of the Positioner® material. A fluoride mouth rinse may also be helpful to make sure that all exposed surfaces of the teeth are protected during appliance wear.

What to Expect:

It will be essentially impossible to speak with the appliance in place and it will induce hyper-salivation when getting accustomed to the appliance. If the Positioner® Appliance shows signs of “wear and tear”, there is usually no cause for concern unless it breaks down completely.

Remember:

Retention is as important as the treatment itself and is essential to the long-term maintenance of your new bite and smile.



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