

ORTHO-TAIN RETAINER CHART

MARK YOUR DAYTIME WEAR IN UPPER 4 BOXES; NIGHTTIME WEAR IN LOWER SHADED BOX.

	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
4																					
3																					
2																					
1																					
ALL NIGHT																					

	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
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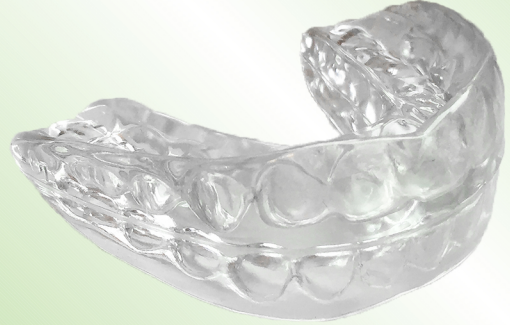
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Ortho-Tain appliances, material, and packaging has been constructed for, and is intended to be used for, a specific purpose and according to specific procedures set forth in the treatment plan agreed upon between you and your treating doctor. Ortho-Tain Inc. and its related entities are not responsible for any injuries, damages, costs, or other claims by any party if the appliance is not used as specifically intended by its manufacturer.

ORTHOtain®

A WORLD LEADER IN ORTHODONTIC APPLIANCES

Ortho-T® Appliance



Directions for Use

Congratulations, your Ortho-T® appliance is a non-invasive orthodontic appliance that will straighten your teeth and give you a healthy dentition. It only straightens what is wrong and when the crooked teeth are properly aligned, it automatically stops and retains what has been corrected.

- Usual wear requires 2 hours of active daytime wear. Bite down into the appliance and hold your teeth together forcibly for at least one to five minutes. More wearing time will result in faster and better correction. Relax for ½ minute, and repeat.
- Minimum periods of wear are 20 minute segments of clenching and relaxing, which should add up to a total of 2 hours of daytime exercising each day for optimum results.
- Nighttime wear is also advised for an ideal result.



► Treatment Progress

- It is essential that you follow these instructions very carefully to get proper results. It is up to you.
- After the movement is completed, your appliance should be worn usually for 1 hour

of daytime exercise about 2 days per week together with nighttime wear, or as your doctor prescribes.

► Care of Appliance

- Wash your appliance with warm water before and after wear. Do NOT put in boiling water.
- Brush your appliance with your toothbrush and toothpaste, just like you brush your teeth.
- Keep appliance in its box when not in use.
- If you have breathing holes in your appliance you may use a pipe cleaner to clean them.

Keeping Track of Use

In this day and age we lead complicated lives. This chart helps you to record your use and it becomes valuable information for your doctor. This chart should be brought to every appointment.

Congratulations and Let's Get Started

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