

# healthystart<sup>®</sup>

by **ORTHO**tain<sup>®</sup>



4 Million  
Delivered  
Worldwide

Over 52  
Years of  
Success

**The Original Preformed  
Appliance Innovators**

Interceptive, Habit-Correcting, and  
Orthodontic Appliance Catalog

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## About Ortho-Tain®

Ortho-Tain® developed the first preformed orthodontic finisher over 52 years ago and has sold over 4 million appliances since. With over 500 patents worldwide, we still continue to innovate and lead the way in removable appliance technology.

All of the appliances and techniques are unique, individually designed, and developed by Dr. Earl Bergersen, MSD, ABO, whose only commitment is to improve the health and well-being of patients. Dr. Bergersen taught growth and development at Northwestern University, graduate orthodontic department for 25 years, and has published over 50 scientific and clinical articles.

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## What is HealthyStart<sup>®</sup>?

HealthyStart<sup>®</sup> by Ortho-Tain<sup>®</sup> is a progressive system used to improve the health and well-being of children by educating and treating the root causes of certain health symptoms with a non-invasive procedure that straightens teeth for a lifetime of healthy, beautiful smiles.

HealthyStart<sup>®</sup> is delivered exclusively by specially trained dentists consisting of a series of uniquely designed oral appliances worn a few hours a day and / or during the night while sleeping. These soft, comfortable appliances address many of the root causes of Sleep-related Breathing Disorder (SRBD), promote nasal breathing while discouraging mouth breathing as they widen the dental arches and to help develop the jaw while straightening teeth – just as nature intended.

The central issue for many children suffering from the effects of Sleep-related Breathing Disorder is a compromised airway. When a child's airway is narrow, underdeveloped or constricted in any way, the child will struggle to receive enough oxygen at night and may resort to mouth breathing which compounds the issue. The HealthyStart<sup>®</sup> System can help open up the airway of a growing child by bringing the upper and lower jaws forward and allowing the airway to widen.

## Early Treatment is Critical



Some symptoms of Sleep-related Breathing Disorder include but are not limited to the following:

ADD / ADHD

Bed Wetting

Difficulty in School

Mouth Breathing

Restless Sleep

Nightmares/Night Terrors

Teeth Grinding

Chronic Allergies

Asthma

Crowded Teeth

Overbite/Overjet

Dark Circles Under the Eyes

Aggressive Behavior

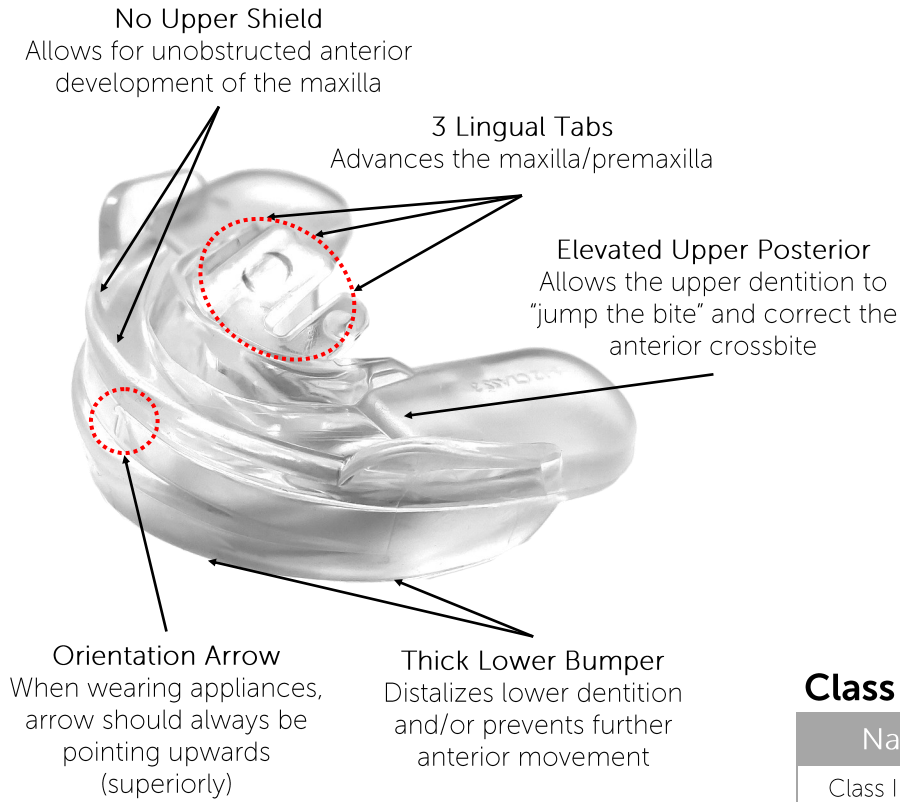
Delayed Growth

## Appliances Overview

Ortho-Tain® has developed a broad range of appliances designed to address many orthodontic issues as well as habitual issues in almost any age group, even as early as 2 years old. Here are many of the appliances we offer:

- **Max A®:** An interceptive appliance designed to advance the maxilla and maxillary teeth (especially incisors) to open the nasopharynx and help to correct a mid-face deficiency; available in 2 sizes
- **Class III Corrector®:** An interceptive appliance designed to correct a pseudo Class III and to minimize a skeletal Class III from worsening; available in 2 sizes
- **Habit Corrector®:** An appliance designed to correct improper habits such as mouth breathing, tongue thrusting, and other soft tissue issues as well as developing the arches; available in 4 sizes with 2 optional features
- **'C' Series (Nite-Guide®):** An eruptive guidance appliance (EGA) used to guide in lower central incisors and prevent overbites and correct overjets in the deciduous and early mixed dentitions; available in many sizes
- **'IG' Series (Interim-G®):** This appliance doubles as the ideal retainer between Phase I and Phase II of orthodontics as well as being used in the Nite-Guide® technique when permanent molars are present; available in many sizes and colors
- **'G' Series (Occlus-o-Guide®):** Designed specifically for the mixed dentition to correct almost any severity of overbite or overjet as well as crowding and spacing. 'H' appliance available with additional mandibular protrusion to correct tenacious overjets toward the end of treatment; available in many sizes
- **Softee®:** With the same design as the 'C' Series appliance but made of a super soft material; ideal for correcting overbite or overjet passively while sleeping; available in 11 sizes
- **Ortho-T®/Ortho-Tain® Positioner:** Almost the exact same in design, used when all 28 adult teeth are present; available in many sizes and in 3 variations (non-extraction, upper premolar extraction, and four premolar extraction)
- **Hawley-Form®:** The 5-Minute chairside customizable retainer ideal for maintaining rotation and overjet corrections; available in 5 variations
- **Snore-Cure®:** The most cost-effective and immediate solution to an anti-snoring device that is customizable at chairside in 5 minutes or less; available in a youth and adult size (4 variations)
- **Perfit Bumpers®:** The ideal stock bumpers for space maintenance or creation through distalization; available in 8 sizes

## Class III Corrector<sup>®</sup>

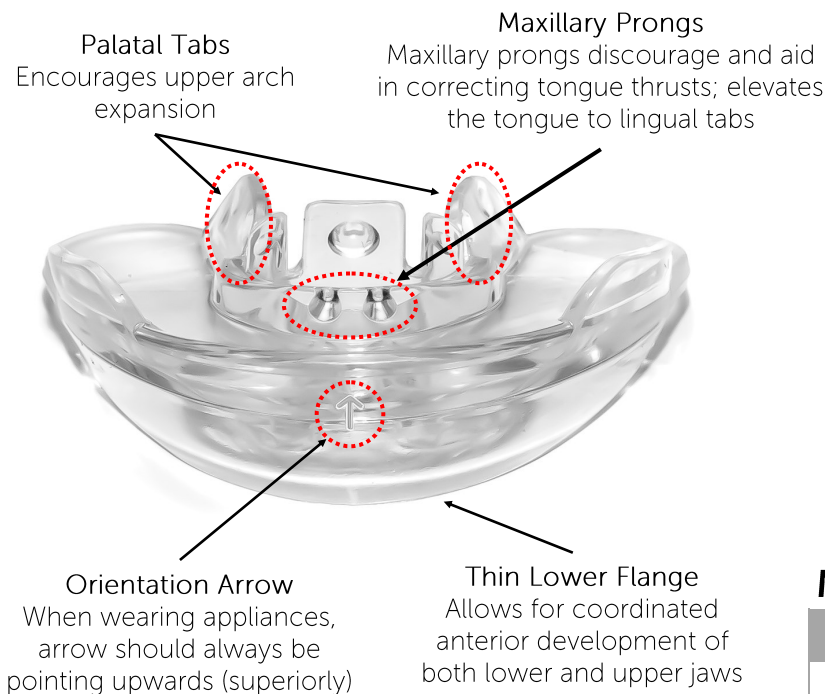


- The Class III Corrector<sup>®</sup> is designed to correct pseudo class III conditions and minimize skeletal class III conditions from worsening
- The Class III Corrector<sup>®</sup> has a thick lower bumper that helps distalize the lower dentition and prevents further forward progression of the mandible.
- Corrects pseudo class III underbites in as little as 1-4 months

### Class III Corrector<sup>®</sup> Available in 2 Sizes

Name	Size	Item Number
Class III <sup>®</sup> (2-6)	Primary Dentition	CLASSIII40A
Class III <sup>®</sup> (6-12)	1st Molars Present	YCLASSIII40A

## Max A<sup>®</sup>



- The Max A<sup>®</sup> was specifically designed to advance the maxilla and maxillary teeth (especially incisors) to open the nasopharynx and help to correct a midface deficiency
- Particularly effective at correcting anterior and posterior crossbites in the primary and early mixed dentition

### Max A<sup>®</sup> Available in 2 Sizes

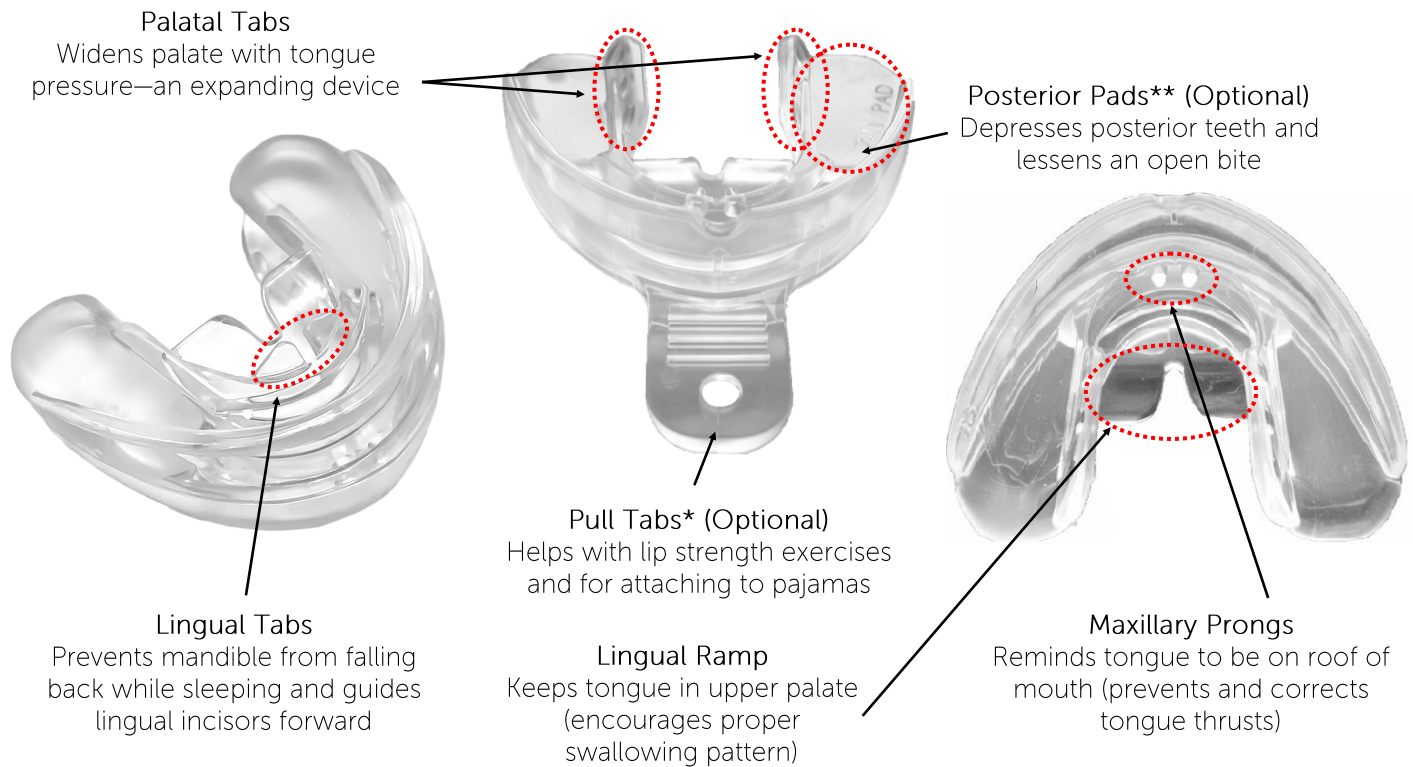
Name	Size	Item Number
Max A <sup>®</sup> (2-6)	Primary Dentition	MAXA40A
Max A <sup>®</sup> (6-12)	1st Molars Present	YMAXA40A

# Habit Correction

## Habit Corrector®

Habit Corrector® is primarily used to correct improper habits and for limited orthodontic corrections. It is generally worn for 1-6 months (but can be worn longer) in conjunction with other HealthyStart appliances if permanent teeth are present or erupting. Habit Corrector® aids in the correction of the following:

- Mouth Breathing
- Tongue Thrusting
- Abnormal Swallowing Patterns
- Thumb and Finger Sucking
- Dental Open Bites
- Overjets and Flared Incisors
- Speech Problems—Lisping
- Narrow Palates



## Optional Features

**Posterior Pads\*\*:** Habit Corrector® with posterior pads have a thicker posterior area in order to correct dental open bites by gently depressing the posterior teeth and allowing unimpeded correction in the anterior segment. *ONLY USED FOR OPEN BITES.*

**Pull Tabs\*:** The pull tab (available in all sizes except the Adult Habit Corrector®) helps strengthen lips when the pull tab is being pulled requiring the lips to squeeze and use muscles to keep appliance in mouth. The pull tab also helps patients keep their lips together by providing a point that the patient can identify and pull lips together to touch the pull tab. Additionally, the pull tab can be used to attach to pajamas or clothing to prevent from being lost.

## Habit Corrector®

Habit Corrector® comes in the following sizes and variations:

### Toddler Habit Corrector®

The Toddler Habit Corrector® comes in one variation  
For patients around 2-4 years of age—primary dentition

Item Number	Posterior Pads	Pull Tab
HCCT40AT	No	Yes



### Kids Habit Corrector®

The Kids Habit Corrector® comes in four variations  
For patients around 4-6 years of age—primary dentition, 1st molars not present

Item Number	Posterior Pads	Pull Tab
HCCP40-B	No	No
HCCP40-BP	Yes	No
HCCP40-BT	No	Yes
HCCP40-BPT	Yes	Yes



### Youth Habit Corrector®

The Youth Habit Corrector® comes in four variations  
For patients around 6-12 years of age—mixed dentition, 1st molars present

Item Number	Posterior Pads	Pull Tab
HCCY40-B	No	No
HCCY40-BP	Yes	No
HCCY40-BT	No	Yes
HCCY40-BPT	Yes	Yes



### Adult Habit Corrector®

The Adult Habit Corrector® comes in two variations  
For patients 12+ years and older—permanent dentition, 2nd molars present

Item Number	Posterior Pads	Pull Tab
HCCA40AN	No	No
HCCA40BP	Yes	No

# Eruptive Guidance

## Description of the Nite-Guide® Technique in Preventing Malocclusion

The Nite-Guide® technique utilizing the 'C' (Nite-Guide®) or 'IG' (Interim G®) and the 'G' (Occlus-o-Guide®) series of appliances (collectively known as Eruptive Guidance Appliances—EGAs) takes advantage of the natural eruptive forces of the incoming permanent incisors to guide them into the mouth without rotation or displacements, directing natural arch development to the same extent as published research has shown to exist in a non-treated ideal dentition. The EGA appliances act as a template to guide erupting adult incisors into correct alignment and exerts little force of its own since it is generally worn only passively while sleeping. The appliance then holds the teeth in place while the adult collagenous fibers develop which help to stabilize the correction. An excessive overjet is corrected at the same time by adjusting the jaw relation similar to other functional appliances and maintaining this correct position until jaw growth completely compensates for the positional change. The permanent incisors are also intercepted and prevented from over-erupting beyond a normal overbite relation which can reduce the level of gingival display (by the amount of overbite prevented from developing).

### Guides Incoming Adult Teeth in 93% of 5 to 7 Year Olds



Nite-Guide® 'C' Series Appliance  
Guides in Adult Lower Centrals  
Available in 11 Preformed Sizes



Occlus-o-Guide® 'G' or IG Series Appliance  
Guides in Remaining Adult Teeth  
Available in 13 Preformed Sizes

- Only TWO (2) appliance needed (one 'C' or 'IG' Series and one 'G' series)
- Only ONE hour of passive nighttime wear needed, worn only while sleeping
- Guides incoming adult teeth into an ideal occlusion
- Scientifically designed sockets straighten erupting adult incisors
- PDM fibers then form to hold aligned adult teeth straight permanently
- Improves facial profile by mandibular advancement to a class I occlusion
- Corrects overjet, overbite, and many open bites

**See pages 20-21 for measuring instructions and addition information**



## Results Using the Nite-Guide® Technique Early Treatment of the 5 to 7 Year Old—Primary to Mixed Dentition

Initial Deciduous Dentition (5 Years, 4 Months)



Severe Overjet  
Facial Disfigurement  
Sucked Thumb  
Severe Overbite

Permanent Dentition (12 Years, 8 Months)



Used Nite-Guide®  
ONLY while sleeping  
Ideal Profile  
Ideal Occlusion  
5 years post-treatment

Potential Lower Crowding  
Extruded Upper Incisors  
Rotations

Initial Deciduous Dentition (5 Years, 8 Months)



Straightened Adult Incisors  
Adequate Lower Space  
Good Facial Appearance

Adult Incisors (7 Years, 8 Months)



Initial Deciduous Dentition (6 Years, 2 Months)



Excessive Open Bite  
Sucked Thumb  
Speech Problems

Adult Incisors (9 Years, 0 Months)



Used Nite-Guide®  
ONLY while sleeping  
Ideal Occlusion

# Eruptive Guidance

## Occlus-o-Guide®

### An Orthodontic Technique for the 8-12 Year Olds Mixed Dentition Treatment for 70% of Malocclusions

Treatment with the Occlus-o-Guide® 'G' series appliance can correct the following:

- Any severity of overjet
- Any severity of overbite
- Up to 4 mm of crowding
- Up to 5 mm of spacing
- Most TMJ problems
- Only one appliance needed for full treatment and retention
- Most cases finish in 4 to 10 months
- Takes only 1 to 2 hours of total chair time
- Available in 13 preformed sizes for optimal fit



Occlus-o-Guide®  
(‘G’ Series Appliance)



Occlus-o-Guide®  
(‘G’ Series Appliance)

**See page 21 for measuring instructions**

## The Softee® Appliance

Eliminates overbite and overjet before fixed appliance use  
Worn only while sleeping for about 4 to 6 months

- Worn only while sleeping to obtain overbite and overjet corrections
- Reduces fixed appliance treatment time up to one year
- Worn before and during bracket phase
- Obtains mandibular advancement for overjet correction
- Converts cases to Class I touch-ups using minimal brackets
- Super soft material for patient comfort
- Use as an anti-bruxism appliance
- Comes in 10 sizes

**See page 21 for measuring instructions**



## Results Using the Occlus-o-Guide® Technique Treatment of the 8 to 12 Year Old—Starting in the Mixed Dentition

Initial Mixed Dentition (8 Years, 1 Month)



Severe Overjet  
Facial Disfigurement  
Class II Molars  
Deep Overbite

Adult Dentition (14 Years, 4 Months)



Used Occlus-o-Guide®  
3 hours per day and nights  
Ideal Occlusion  
Ideal Facial Appearance  
Retention result 5 years  
after treatment

Crowded Upper Incisors  
Upper Incisors Rotated  
Facial Disfigurement

Initial Mixed Dentition (12 Year, 10 Months)



Retention Adult Dentition (14 Years, 10 Months)



Used Occlus-o-Guide®  
2+ hours per day & nights  
Ideal Facial Profile  
Ideal Occlusion

Initial Dentition (9 Year, 11 Months)



Flared Upper Incisors  
Severe Overjet  
Facial Disfigurement

Post Retention (25 Years, 8 Months)



Used Nite-Guide®  
ONLY while sleeping  
Ideal Occlusion

# Orthodontics for Adults

## Ortho-T®

### An Adult Orthodontic Technique without Braces

Treatment with the Ortho-T® 'N', 'X', and 'U' series appliances can correct the following:

- Crowding
- Spacing
- Overjets
- Overbites
- TMJ issues
- Only ONE removable appliance needed per patient
- No expensive lab fees
- Affordably priced treatment due to low overhead and minimal chair time

#### **Straightens Adult Cases in 1 to 12 Months**

- Corrects rotations and crowding in 1 to 8 weeks
- Corrects up to 4 mm overbite and overjet in 6 months

#### **Affordable Treatment**

- Only one appliance needed for treatment and retention
- No lab fees or waiting period—prefabricated

#### **Designed to Correct Relapsed Orthodontic Cases**

#### **Worn Only 1 to 2 Hours Daily**

- Wear it while driving to work, watching TV, or surfing the web
- 22 hours a day with nothing on teeth

- Correction in 1 to 12 months with as little as TWO (2) hours daily active wear
- Even severe crowding or spacing be treated without stripping enamel when worn with headgear or a lip bumper
- Thirteen (13) preformed sizes available for optimal results



Ortho-T®  
('U' Series Appliance—Shown Above)

**See page 22 for measuring instructions**

## Treatment of the Permanent Dentition

Before—Canine Crossbite



After—4 Months



Before—Relapsed Orthodontic Case



After—6 Months



Before—Deep Overbite



After—6 Months



Before—Diastema



After—7 Months



# Orthodontics for Adults

Ortho-T® can even correct severe cases when combined with headgear or bumper with no stripping of precious adult enamel

**5 mm of Crowding • 5 mm of Overjet • 5mm of Overbite**

Before



After—12 Months



Impacted 2nd premolar  
Deep overbite  
Excess overjet  
Ortho-T® worn with lower bumper; Ortho-T® worn for 2+ hour per day and at night

Before



After—10 Months



Severe crowding with lack of space  
Rotations  
Ortho-T® worn only passively while sleeping  
Cervical headgear worn at night simultaneously

Before



After—4 Months



Severe crowding  
Rotations  
Ortho-T® worn actively 2+ hours per day and at night  
Bumper worn to distalize lower molars

Before



After—5 Months



Crowding and rotations  
End-to-end molar relation  
Ortho-T® worn 2+ hours per day actively  
Headgear worn at same time

## Ortho-Tain<sup>®</sup> Positioner The Original Preformed Positioner

### Advantages:

- Immediate retention upon bracket removal
- Completely prefabricated—no lab work
- Lost appliances can be replaced immediately
- Retained overbite and overjet corrections
- Effectively corrects most TMJ problems
- Designed to provide orthodontic patients with an ideal Class I occlusion
- Available in THREE (3) versions to accommodate non-extraction cases ('N' Series), two upper premolar extraction cases ('U' Series), and four premolar extraction cases ('X' Series)
- Available in various sizes



Ortho-Tain<sup>®</sup> Positioner

### Ortho-Tain<sup>®</sup> Appliances Made with Cooperation-Detector<sup>®</sup> (C-D<sup>®</sup>)

which turns the appliance slightly translucent when worn only at night and becomes almost opaque white when worn 2 to 4 hour each day. If it not worn for 48 hours, it returns back to transparent.



No Cooperation



Only Nighttime Wear



Daytime Exercise &  
Nighttime Wear

# Orthodontic Finishing

## Typical Ortho-Tain® Positioner Results

Bracket Removal



Ortho-Tain® Worn 3 Weeks



Bracket Removal



Ortho-Tain® Worn 1-1/2 Months



Bracket Removal



Ortho-Tain® Worn 3-1/2 Months





## Interim-G Retainer<sup>®</sup>

- Used between Phase I & Phase II of orthodontic treatment
- Worn only passively while sleeping
- Allows for deciduous exfoliation and adult eruption without adjustments
- Guides incoming adult teeth into perfect intercuspation
- 10 minute insertion—just measure and insert
- Extra soft material with breathing holes
- Available in clear and five colors: blue, magenta, green, purple, and orange



Initial



Progress—1st Phase  
Interim-G Retainer<sup>®</sup> used in conjunction  
with a thumb-sucking appliance



End of 1st Phase  
Interim-G Retainer<sup>®</sup> used while sleeping to  
retain and guide erupting teeth until  
beginning of 2nd phase ortho



Final  
Second phase of orthodontics finished

# Retention

## Hawley-Form®



Appliances with Liner Kit

### Advantages:

- Can immediately be customized in the mouth at chair side. No impressions or additional appointments needed
- Snaps firmly into place preventing appliance from falling out
- Maintains rotation corrections
- Retains overjets better than other retainers
- Can expand or constrict arch widths with the imbedded wire feature
- Can restore rotation relapses
- Can retain torque

### Hawley-Form® Appliances are Available in Five Versions:



Upper Appliance  
(Available with or without wire)



Lower Appliance  
(Available with or without wire)



Upper Appliance  
with Lingual Tab

OR in combination with a lower  
for mandibular advancement:



Upper Appliance  
with Lingual Tab and  
Lower Appliance

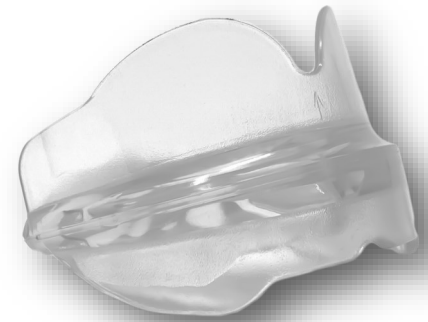
## Snore-Cure<sup>®</sup>



Liner Kit



Snore-Cure<sup>®</sup> 1  
Open Version



Snore-Cure<sup>®</sup> 2  
Closed Version

### Advantages:

- Can immediately be customized in the mouth at chair side. No impressions or additional appointments needed
- Snaps firmly into place to prevent falling out
- Advances mandible to prevent vibration of uvula
- Stays in all night with customization
- A hinged or unibody design, one-size-fits-all appliance that comes in different variations

### Snore-Cure<sup>®</sup> Available in Five Variations:

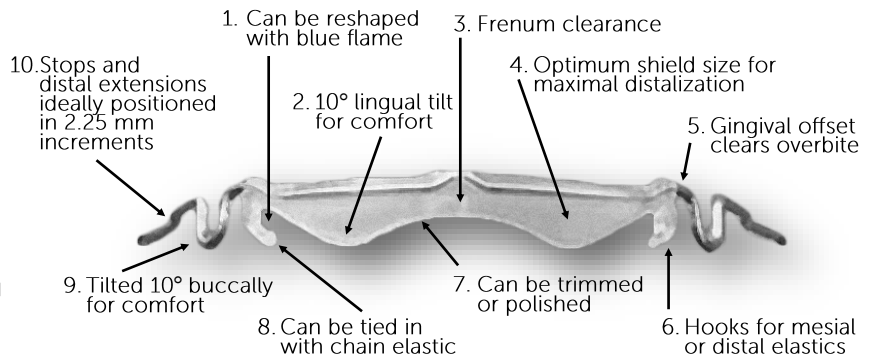
Name	Description	Item Number
Youth Snore-Cure <sup>®</sup>	Designed for still growing patients; unibody	OYSC1700
Snore-Cure <sup>®</sup> 1 (Closed)	For mild to moderate snorers, advances mandible 4 mm from end to end; unibody	CSC1700
Snore-Cure <sup>®</sup> 1 (Open)	For mild to moderate snorers, advances mandible 4 mm from end to end; hinged	00S1700B
Snore-Cure <sup>®</sup> 2 (Closed)	For heavy snorers, advances mandible 7 mm from end to end; unibody	CSC1702
Snore-Cure <sup>®</sup> 2 (Open)	For mild to moderate snorers, advances mandible 7 mm from end to end; hinged	0SC1702

# Adjuncts

## Perfit® Bumpers

The Perfit® Bumper is a perfect adjunct to all our Ortho-Tain® appliances which are used for deciduous, mixed, and adult dentitions that have 4 to 6 mm of crowding. It is ideal for the adult since the labial shield is hidden by the upper or lower lip making it barely detectable.

- Distalizes deciduous or permanent molars (upper or lower) 1 mm per month
- Takes only 1 to 3 try-ins for a perfect fit—saves 15 minutes in fitting
- Comes in 8 convenient sizes and made of .045 wire
- Protects anchorage
- Protects from mesial migration
- Labializes the lower or upper incisors if desired
- Can develop the lower and/or upper arch
- Plastic labial shield and hooks are adjustable with blue flame



### Size and Dental Arch Length from Molar Tube to Molar Tube (Mesial)

1L	57.0 mm	5L	75.0 mm
2L	61.5 mm	6L	79.5 mm
3L	66.0 mm	7L	84.0 mm
4L	70.5 mm	8L	88.5 mm

### Most Common Range for Perfit® Bumpers

Adult Non-Extraction Sizes..... 2L – 7L  
 Mixed Dentition Sizes ..... 3L – 8L  
 4 Premolar Extraction Sizes ..... 1L – 6L  
 Deciduous Dentition Sizes ..... 1L – 6L  
 Upper Arch Sizes..... 6L – 8L

## Cleats

**Cleats for Rotation Corrections—Available in Two Sizes: (1) Labial and (2) Lingual**



Step 1:  
Heat ends red hot in blue flame



Step 2:  
Insert into appliance

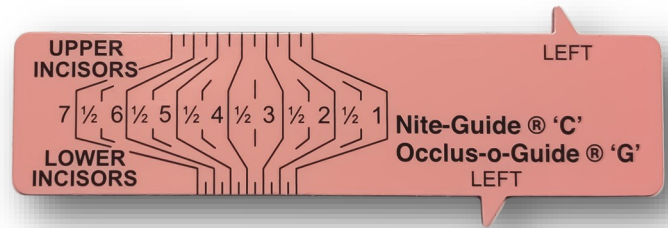


Placement:  
Placed along long axis of tooth

## Measuring for the Nite-Guide® Technique Guiding Erupting Incisors—for the 5-7 Year Old Patient

For use with these appliances:

- 'C' Series (Nite-Guide®)
- 'IG' Series (Interim-G®)
- 'G' Series (Occlus-o-Guide®)



The size of the appliance is stamped on upper left hand margin.  
Each appliance on the upper arch is 1.5 mm apart and on the lower arch is 0.8 mm apart.



Place pointer at mesial of lower left canine



To mesial of lower right canine

OR



From mesial of upper left canine



To mesial of upper right canine

Place pointer of pink ruler at mesial of lower or upper left deciduous canine; bend ruler along incisal edges (or along ideal arch form) and read size at mesial of right deciduous canine.

Add two sizes to measurement for potentially crowded cases ( example: 2 → 2-1/2 → 3 ).

This larger sized appliance is used in anticipation of expansion of the arches to provide space for the predicted adult crowding. The second appliance ("G" Series) is usually 3 sizes larger than the first ("C" Series) appliance used after the lower laterals begin erupting.

### 'C' or 'IG' Series — First Appliance

First appliance ('C' or 'IG' Series) inserted when lower centrals begin erupting. Select "C" Series appliance two sizes larger than measurement (example: 2 → 2-1/2 → 3).

### 'G' Series — Second Appliance

Second appliance ("G" Series) inserted when lower laterals start to erupt. Select 'G' Series appliance three sizes larger (example: 3C → 3-1/2 → 4 → 4-1/2G).

*Note: If the 6 year old molars are present when treatment is initiated, substitute a 'IG' Series appliance instead of a 'C' Series appliance to prevent molars from super-erupting. The second appliance used when adult lower laterals start to erupt should be a "G" Series appliance that is generally 3 sizes larger than the first "G" Series appliance used. All appliances for this technique are worn passively 1 -2 hours during the day and/or while sleeping.*

### 'C' Series (Nite-Guide®) Sizing For Deciduous, Non-extraction Case

Sizes	Lower Deciduous or Permanent Incisal Area (millimeters)	Upper Deciduous or Permanent Incisal Area (millimeters)	Lower Canine to Canine Width (millimeters)	% Popularity
1 C	18.9 – 19.6	24.9 – 26.0	22.6	5%
1-1/2 C	19.7 – 20.4	26.1 – 27.2	23.2	10%
2 C	20.5 – 21.1	27.3 – 28.3	23.7	15%
2-1/2 C	21.2 – 21.9	28.4 – 29.5	24.3	15%
3 C	22.0 – 22.7	29.6 – 30.7	24.9	10%
3-1/2 C	22.8 – 23.5	30.8 – 31.9	25.4	8%
4 C	23.6 – 24.3	32.0 – 33.1	26.0	7%
4-1/2 C	24.4 – 25.0	33.2 – 34.2	26.6	6%
5 C	25.1 – 25.8	34.3 – 35.4	27.2	5%
5-1/2 C	25.9 – 26.6	35.5 – 36.6	27.7	3%
6 C	26.7 – 27.4	36.7 – 37.8	28.3	1%

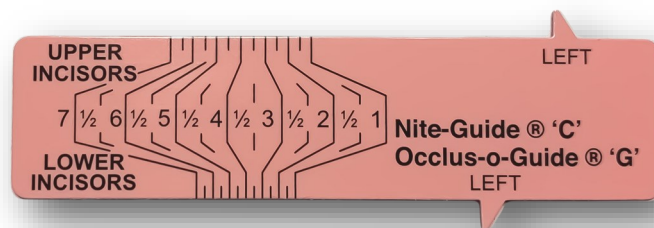
See Next Page for 'IG' and 'G' Sizing

# Measuring Instructions

## Measuring for the Mixed Dentition For the 8-12 Year Old Patient

For use with these appliances:

- 'IG' Series (Interim-G®)
- 'G' Series (Occlus-o-Guide®)
- 'CS' Series (Softee®)



From distal of  
lower left lateral



To distal of  
lower right lateral

OR



Place pointer at distal of  
upper left lateral



To distal of  
upper right lateral

Place the pointer of the pink ruler at the distal of the upper or lower left lateral and bend the ruler along the incisal edges to the distal of the right lateral. Be sure to use the correct side of the ruler marked either "lower incisors" or "upper incisors."

Each size on the pink ruler is 1.5 mm apart on the upper and 0.8 mm on the lower. If there is no crowding or spacing the size measured on the ruler is used. If a patient has 1.5 mm of upper anterior crowding and the size measured is a 4 G, a 4-1/2 G would be used to provide space for correction. If there is 3 mm of upper anterior spacing and a 4 G is measured on the ruler, a 3 G would have to be used to close the spaces. In such a case, the appliance would be stretched across the spaced anterior teeth.

An alternate method is to measure the mesio-distal widths of the four upper or lower incisors in millimeters and select the appliance that corresponds to this total measurement from the chart.

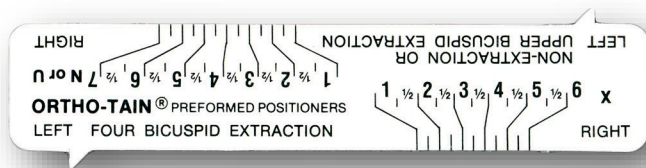
### 'G', 'IG', or 'CS' Series Sizing For Mixed Dentition Cases

Sizes	Lower Deciduous or Permanent Incisal Area (millimeters)	Upper Deciduous or Permanent Incisal Area (millimeters)	Upper 6 Permanent Anteriors (millimeters)	% Popularity
1 G	18.9 – 19.6	24.9 – 26.0	39.5 – 40.9	2%
1-1/2 G	19.7 – 20.4	26.1 – 27.2	41.0 – 42.4	3%
2 G	20.5 – 21.1	27.3 – 28.3	42.5 – 43.9	4%
2-1/2 G	21.2 – 21.9	28.4 – 29.5	44.0 – 45.4	6%
3 G	22.0 – 22.7	29.6 – 30.7	45.5 – 46.9	7%
3-1/2 G	22.8 – 23.5	30.8 – 31.9	47.0 – 48.4	10%
4 G	23.6 – 24.3	32.0 – 33.1	48.5 – 49.9	14%
4-1/2 G	24.4 – 25.0	33.2 – 34.2	50.0 – 51.4	16%
5 G	25.1 – 25.8	34.3 – 35.4	51.5 – 52.9	14%
5-1/2 G	25.9 – 26.6	35.5 – 36.6	53.0 – 54.4	12%
6 G	26.7 – 27.4	36.7 – 37.8	54.5 – 55.9	10%
6-1/2 G	27.5 – 28.2	37.9 – 39	58.0 – 57.4	3%
7 G	28.3 & over	39.1 & over	57.5 & over	2%

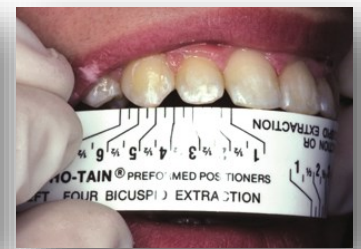
## Measuring for the Permanent Dentition For Over 12 Years of Age (Adults)

For use with these appliances:

- Ortho-Tain® Positioner/Ortho-T®
  - 'N' Series—Non-Extraction
  - 'U' Series—2 Upper Premolar Extractions
  - 'X' Series—Four Premolar Extractions



From distal of upper left canine



To distal of upper right canine

Place the pointer of the white ruler at the distal of the upper left canine then bend it along the incisal edges to the distal of the upper right canine. For retention after orthodontic bracket removal select an appliance that is one size smaller than the size indicated on the ruler for an optimal result.

Note: One side of the ruler measures non-extraction ('N' Series) and two upper premolar extractions ('U' Series). The other side measures four premolar extractions ('X' Series).

### 'N' Series Sizing Non-Extraction Cases

Sizes	Upper 6 Permanent Anteriors (millimeters)	% Popularity
1 N	39.5 – 40.9	2%
1-1/2 N	41.0 – 42.4	3%
2 N	42.5 – 43.9	4%
2-1/2 N	44.0 – 45.4	6%
3 N	45.5 – 46.9	7%
3-1/2 N	47.0 – 48.4	10%
4 N	48.5 – 49.9	14%
4-1/2 N	50.0 – 51.4	16%
5 N	51.5 – 52.9	14%
5-1/2 N	53.0 – 54.4	12%
6 N	54.5 – 55.9	10%
6-1/2 N	58.0 – 57.4	3%
7 N	57.5 & over	2%

### 'X' Series Sizing Four (4) Premolar Extraction Cases

Sizes	Upper 6 Permanent Anteriors (millimeters)	% Popularity
1 X	45.5 – 46.9	3%
1-1/2 X	47.0 – 48.4	6%
2 X	48.5 – 49.9	7%
2-1/2 X	50.0 – 51.4	9%
3 X	51.5 – 52.9	11%
3-1/2 X	53.0 – 54.4	16%
4 X	54.5 – 55.9	17%
4-1/2 X	58.0 – 57.4	12%
5 X	57.5 – 58.9	9%
5-1/2 X	59.0 – 60.4	6%
6 X	60.5 & over	4%

### 'U' Series Sizing Two (2) Upper Premolar Extraction Cases

Sizes	Upper 6 Permanent Anteriors (millimeters)	% Popularity
2 U	42.5 – 43.9	4%
2-1/2 U	44.0 – 45.4	6%
3 U	45.5 – 46.9	8%
3-1/2 U	47.0 – 48.4	11%
4 U	48.5 – 49.9	16%
4-1/2 U	50.0 – 51.4	18%
5 U	51.5 – 52.9	16%
5-1/2 U	53.0 – 54.4	12%
6 U	54.5 & over	9%

## Ortho-Tain® also Offers the Following:

Labio-Lingual Wires  
Gurin Locks  
HealthyStart®/Ortho-Tain® training courses  
Case evaluations  
Animal Boxes



## Additional Information

Please visit our websites listed below for additional information

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[www.orthotain.com](http://www.orthotain.com)  
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