

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
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
4																					
3																					
2																					
1																					
ALL NIGHT																					

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

Occlus-o-Guide® Appliance



Directions for Use

Congratulations on wanting healthy and straight teeth.

Your Occlus-o-Guide® appliance can guide your erupting adult teeth into their perfect position and will improve the way your teeth look and how they meet when you bite. This tooth movement will only occur if you faithfully follow your doctor's instructions.

► Getting Started

- Center the appliance on your teeth the larger sockets in front fit your upper teeth.
- Determine when you will be using your appliance for the recommended time your doctor prescribes. Be sure to follow your doctor's directions on wearing your appliance, especially the daytime wear with exercise. Here are some suggestions: wear it during computer or homework time, reading a book, gaming time, exercising or playing a sport, practicing the piano, or getting ready for school.
- Exercising with your appliance requires biting down and holding your teeth tightly together for approximately 1 to 5 minutes, then relax your muscles for ½ minute, but keep your teeth together



while you relax. Repeat over and over for at least 20 minutes at a time.

- Total exercising per day should total 2-4 hours. Each period of exercising should be a minimum of 20 minutes and when totaled together should amount to at least 2 hours per day or as much as your doctor prescribes.
- Nighttime wear while you sleep is also required.

► Taking Care of Your Appliance

- Rinse your appliance in warm water before and after each use. Do NOT use boiling water.
- Brush your appliance with toothpaste just like you brush your teeth.
- Keep your appliance in its special case when you are not wearing it.
- Call your doctor immediately if you lose your appliance.
- Keep your appliance away from your dog; dogs love these appliances.
- Fill out the chart on the back of this folder every night and bring this chart to every appointment.

Congratulations and Let's Get Started

ORTHOtain®

A WORLD LEADER IN ORTHODONTIC APPLIANCES

One or more of the following may apply. Patented in U.S. #4799884, #5645420, #5876199.
Foreign Patents and Patents Pending.

©2011 Ortho-Tain Enterprises 999-9037A

CE
Printed in USA