



MC ELHINNEY & BREHA
— ORTHODONTICS —

Kind, Gentle and Fast Braces

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INSTRUCTIONS AND CARE OF YOUR POSITIONER

1. Your positioner should be worn full time for the first two days. During this time it should be removed only for eating and brushing. Be sure to bite up and down, gently clenching into your positioner in 20 second intervals, every 10 to 15 minutes. Do not use a chewing or sideways motion, as this will damage the appliance.
2. After you have worn your positioner full time for two days, you may reduce the time to any four hours during the day and all night. If your positioner does not stay in at night, add one hour to your daytime wear.
3. Keep your positioner clean by scrubbing it daily with a stiff toothbrush and toothpaste. You may soak your positioner in mouthwash to improve its taste. Brush your teeth before putting positioner into your mouth.
4. It is your responsibility to care for your positioner. When your positioner is not in your mouth, it should be in your case. Be sure not to lose it and keep it away from pets and heat.