

Like a retainer, **the Tooth Positioner** holds the teeth in their proper position but also helps to settle the bite. It must be worn 24 hours a day, for at the first 4 to 7 days.

It is essential to exercise the teeth while wearing it by “clenching” into the positioner for 20 second intervals every 10 to 15 minutes. Successful use of the tooth positioner can result in the early removal of braces.

Tooth Positioner Top Seven

1. **Remember to floss everyday!** Flossing is very important to maintain the health of your teeth and gums while the positioner is being used to settle the bite.
2. **Use the case** to store your positioner in a cool safe place when not in your mouth. Heat will warp the positioner and can result in a distorted fit.
3. **When to remove your positioner.** You may remove your positioner during meals and when brushing but they should be worn as much as possible, 24 hours a day.
4. **How to clean them.** Brush your positioner with a small drop of toothpaste on your toothbrush. Rinse with cold water.
5. **Call us at 856.582.1400** with any questions about your retainers.
6. **Tell a friend** about the Kadar Orthodontics Team.
7. **Enjoy** your beautiful new smile!

Congratulations!