



ASHBURN
PEDIATRIC DENTAL CENTER
(703) 726-4333

ORTHODONTIC APPLIANCE FACT SHEET

Positioner

Your positioner is an appliance used after active orthodontic treatment. It will help to “fine-tune” your bite. After treatment with the positioner is complete, retainers will be fabricated to maintain the position of your teeth.

Things to Know

- Your positioner should be worn for 12 consecutive hours per day. Ideally, it is worn about three-four hours before bed and while sleeping.
- During waking hours, exercises as described should be done for 15-20 minutes each hour. These exercises will allow your teeth to settle into the desired position determined by the appliance. Squeeze your teeth together, make side-to-side, front-to-back, and circular motions.
- Day and night-time wear are equally important.
- Wearing the appliance only at night is not adequate to achieve the desired results.
- Only wearing the appliance during the day will result in unwanted tooth movement. At night, the positioner is acting as a retainer and preventing the teeth from shifting.
- When you remove the positioner to brush your teeth, also thoroughly, but gently, brush the positioner with your toothbrush and toothpaste.
- When your positioner is not in your mouth, always keep it in the case provided. Never place it in a tissue or napkin, as these are often discarded in the trash.
- It is best to brush your teeth after every meal before you replace your positioner. If you can't, at least rinse your mouth with water to remove any food particles.
- Keep your positioner out of reach from pets, as they like to use it as a chew-toy.
- Since this is a new appliance, you will go through a period of adjustment. You may notice increased saliva and areas of tenderness. This is normal and usually resolves in a few days. Continuous wear of the positioner will speed this process.
- The Doctor will check your positioner periodically and make adjustments as needed. Please remember to bring it with you to your orthodontic appointments at the office.

Emergencies

Please call us during normal office hours if you lose or break your positioner or if any other problems arise.