



Instructions for your
Custom Orthodontic
Finishing Appliance



TP Orthodontics, Inc.

Get ready for a great smile.



Custom Orthodontic
Finishing Appliance

While treatment plans vary from patient to patient, your orthodontist may remove your braces slightly earlier than planned. Your custom finishing appliance can correct any remaining minor discrepancies in the dental arches – but you must follow the instructions for wear.

Your custom finishing appliance

Congratulations! You made it to the finishing stage of your orthodontic treatment. This is the part of treatment you've probably been looking forward to – getting your braces off! With guidance from your doctor and a few simple instructions on your new custom finishing appliance (or "Tooth Positioner"), it will be easy and quick to see the great results from your treatment.

Your finishing appliance was prescribed by your doctor and customized specifically for you. Its purpose is to provide final adjustments to the position of your teeth and to assure that your bite is correct. Your finishing appliance can also act as a retainer to hold your teeth in their new position. Wearing your finishing appliance according to instructions is instrumental in the success of the final stages of treatment. If worn as prescribed, you may see that great smile sooner than you think! **And, the more you wear it the better and healthier your bite will be.**

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Placing the appliance in your mouth

Proper placement of your new appliance is very important. It may take a little practice, but it will only take a couple times before it will be second nature. To help you with your initial placement, follow these steps to be sure it is positioned properly in your mouth:

1. Place the appliance on the upper molars on one side
2. While tightly holding the appliance in place on this side, stretch the appliance until the molars on the other side are in their sockets
3. Hold the appliance tightly on both sides until you close your teeth firmly into the appliance
4. As you close your mouth into your appliance, each tooth will fit into its own socket

Instructions for wear time

How long?

At first, wear your finishing appliance at least four hours each day, unless directed otherwise by your orthodontist. These hours can be divided throughout your day as long as your wear-time is a minimum of 20 minutes at a time. Some ideas for when to wear your appliance include when you are watching TV, reading a book or doing homework. Your doctor may also prescribe more or less time as you progress through your finishing treatment.

Tip: You do not want to wear your appliance during a time of day when you will be engaging in conversation.

Exercise Wearing

To obtain the maximum benefit during the time you are wearing the appliance, bite into the appliance for 15 to 20 seconds at a time, then rest for a while. This is called “exercise wearing” and when done throughout the day, you will gain the maximum, most efficient results from wearing the appliance.

Tip: When biting into your finishing appliance, do not grind your teeth sideways as it will damage the appliance.

To achieve the best results, it is important that you wear your appliance as directed by your doctor. Teeth can easily revert to their previous position if the appliance is not worn properly.

Note: Wearing your finishing appliance during sports is a great way to protect your new smile. However, as this is not considered “exercise wearing” (actively focusing on biting and resting your teeth), the time the appliance is worn during sports typically does not count towards your daily prescribed hours of wear.

Caring for your finishing appliance

Your finishing appliance is easy to wear and easy to care for. Following are some general guidelines to keep your finishing appliance in optimal condition:

- Clean your appliance each time after you wear it with a soft toothbrush and toothpaste, rinsing thoroughly before placing in the carrying case. If you feel the need to sterilize your appliance, you may rinse it with an antiseptic mouthwash.
- Clean the finishing appliance carrying case with soap and water
- When your appliance is not being worn, always keep it in its carrying case

Very Important: *Extreme heat will damage your appliance. Do not place the appliance in boiling water; do not leave it in a hot car.*

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Follow-up

Your orthodontist will schedule a follow-up appointment a few weeks after you receive your new appliance to see how much additional wear is required. If you wear your finishing appliance as directed and the teeth are in their proper position, your doctor may transition you to a permanent retainer. Treatment plans vary, so only your doctor can tell you when the time is right, and what type of retainer is recommended for you.

Please contact your orthodontist's office if you have any questions about your finishing appliance.



TP Orthodontics, Inc.

You can be certain you're wearing the very best finishing appliance available.

Your doctor has prescribed a custom finishing appliance manufactured by TP Orthodontics, Inc., a worldwide leader in the orthodontic industry. From all of the materials required for orthodontic treatment, to custom finishing and retention appliances we've been helping make great smiles for over 70 years.

To learn more about other great products from TP Orthodontics, visit:

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