

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																					
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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

Class III Corrector®



Let's Get Started

Congratulations!

You have been given a Class III Corrector® appliance that can help you eliminate your under bite. This appliance is designed to correct the misalignment of the jaws by redirecting the growth.

► When You Wear the Class III Corrector®

You should wear the Class III Corrector® appliance every night when you go to sleep and also actively for 2 hours each day or however long your doctor recommends. It can be worn in at least 20 minute intervals adding up to the total hours recommended.

► How To Wear Your Appliance

Place the arrow in front of appliance facing upwards. This upper portion is designed without a front wall. Patient pushes tongue up against the three tabs located in the upper portion directly behind the upper front teeth. Push tongue as hard as possible against all three tabs. This tongue movement and pressure will encourage the upper jaw to move in a forward direction.

- Rinse your appliance in warm water before and after each use. Do NOT use boiling water.
- Clean your appliance once a day with toothpaste and a toothbrush just like you brush your teeth.
- Keep your appliance in its box when you are not wearing it.
- Keep your appliance out of reach of your pets, particularly dogs.
- Fill out the chart on the back of this folder every night and bring this chart to every appointment along with your appliance.

► What To Expect From Your Appliance

The Class III Corrector® works as a direct result of your effort. Regular wear and conscious diligence in pushing tongue in forward direction is very important for your success.

Any problems or questions please call your doctor. Keep track of your wear each day and night on this chart on back page in order to properly monitor your progress.

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