

ORTHO-TAIN RETAINER CHART

MARK YOUR DAYTIME WEAR IN UPPER 4 BOXES, NIGHTTIME WEAR IN LOWER SHADED BOX.

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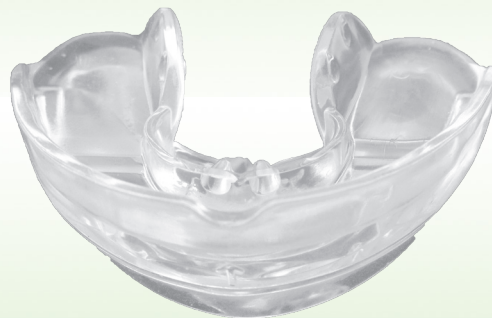
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Ortho-Tain appliances, material, and packaging has been constructed for, and is intended to be used for, a specific purpose and according to specific procedures set forth in the treatment plan agreed upon between you and your treating doctor. Ortho-Tain 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

Habit Corrector®



Let's Get Started

Congratulations!

You have been given a Habit Corrector® appliance that can help eliminate poor habits, teach good habits, and address sleep disordered breathing all of which can affect your appearance, health, and even the way you speak.

► When You Wear the Habit Corrector®

You should wear the Habit Corrector® appliance every night when you go to sleep and also passively for 2 hours each day or however long your doctor recommends. It is better if you wear it at different times during the day which should add up to the total hours recommended.

Nighttime is an important time to wear the appliance and train yourself to breathe through your nose instead of your mouth.

If you suck your thumb or fingers, you should substitute this appliance for your thumb or fingers. Be sure and tell your doctor if you are still sucking during the day after two months of the Habit Corrector® wear. Your doctor might want to give you an additional appliance to stop your sucking habit.

► How To Wear Your Appliance

Place the arrow in front of appliance facing upwards. Place your tongue above the shelf that protrudes in back of your front teeth. Your tongue should always be on top of this shelf and touching against the roof of your mouth. The tip of your tongue should be behind the projections in back of the front teeth. This is the position your tongue should be in when you swallow. The tabs on either side of the upper arch with three bumps should be pressed against by the sides of your tongue to expand your arches.

One or more of the following may apply.

Patented in U.S. #5876199, #6626664B1. Foreign Patents and Patents Pending

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Practice closing your lips together and holding them together when the appliance is in your mouth. When you swallow, your upper and lower teeth should be held together in your appliance and your lips should be closed together. There should be no movement of your lips or chin. Practice in front of a mirror until you can swallow without the movement of your lower face.

► How To Care For Your Appliance

Clean your appliance once a day with toothpaste and a toothbrush. Rinse it out before and after each use. If it hurts you at first, you can hold it under hot water prior to use. Keep it in its box when not in use and keep it out of reach of pets, particularly dogs. Bring your appliance with you to every appointment. If your appliance digs into your gums, call your doctor so it can be adjusted.

► What To Expect From Your Appliance

The Habit Corrector® works as a direct result of your effort. Your regular wear and your conscious diligence in practicing the correct tongue position during rest and swallowing is very important for your success. The appliance serves as a training device to correct habits that seriously affect your appearance, health, and even your speech. Proper nighttime nasal breathing is very important in developing ideal sleeping, reducing throat irritations, grinding, bedwetting, and allergies. If you have problems or questions call your doctor and keep track of your wear each day and night on this chart so that your progress can be properly monitored.

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