

TREATMENT PLAN FOR THE NITE-GUIDE, OCCLUS-O-GUIDE, AND ORTHO-T.

**MINUTES OF APPOINTMENT**

**1. Records and Diagnosis**

**30**

**Require Models, Photos,**

**\*Full mouth x-rays for Nite-Guide and Occlus-o-Guide.**

**Measure for appliance:**

Nite-Guide

Occlus-o-Guide

Ortho-T

Pink Ruler

Pink Ruler

White Ruler

\*Use picture and description from pages 15-17 of main catalog

Note: The size of any appliance can be found on the upper left side of the appliance. Any impingement of the margins of the appliance into the gums, should be trimmed with a sharp carbide acrylic burr.

Can fit appliance at this appointment or can recall in a few days after measurement and size is selected. Sometimes this is recommended for ease.

**2. Fit appliance, start of treatment**

NG

1 – 5 minutes

Patient wears at night  
Only needs 1 hour of nighttime wear

OG

1 – 5 minutes

Wear 2 hours per day, exercising: Bite down, HOLD for 1 minute, release (at least 20 minute increments) and nighttime.

OT

1 – 5 minutes

Wear 2 hours per day exercising: Bite down, hold for 2-5 minutes, release (20 minute increments)

3. 1st Observation Appoint-see if appliance is large enough – measure overbite, overjet, expansion, check ging. Margins, TMJ. Check color of appliance – cooperation detector (show image from page 1 of Ortho-Tain Positioner for Dr).

<u>NG</u>	<u>OG</u>	<u>OT</u>
Every 2 months	Each month	Each month
15 minutes	15 minutes	15 minutes

4. 2nd, 3rd observation – same measurements

<u>NG</u>	<u>OG</u>	<u>OT</u>
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Check to see if laterals erupting,  
if so, change to larger size (3 half  
sizes larger, G series)

15 minutes	15 minutes	15 minutes
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5. **4<sup>th</sup> observation** – same measurement

<u>NG</u>	<u>OG</u>	<u>OT</u>
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Check erupting lower laterals

15 minutes	15 minutes	15 minutes
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Note: OG treatment takes 4 to 10 months and expect approximately 1 mm correction per month. OT treatment takes 2 to 12 months and expect approximately .5 mm orrection per month. Once correction received reduce time to evening wear every night which can be reduced to a few nights a week. OG patients should continue until wisdom teeth have erupted. OT will need to wear a few nights a week for retention.

**6. Additional observations require continue measurement of correction and/or check on retention of case.**

NG

Check upper centrals & laterals erupting well, may strip canines if lower laterals still crowded, or strip upper 1st deciduous molars if upper laterals crowded after their eruption: appliance worn while sleeping every night. End of active NG phase.

15 mins @ appt.

OG

Interim Period – cont. observation every 6 months for next 2 years – same measurements – wear appliance one night per week. At age 12 – during eruption of canines, premolars and second molars wear every night to guide teeth into proper occlusion. Patient dismissed. Teeth into proper

15 mins @ appt.

End of treatment - see every 6 months until wisdom teeth erupt

OT

End of treatment, yearly recall.

15 mins @ appt.