

DIRECTIONS ON HOW TO USE THE NITE-GUIDE®
PREVENTIVE ERUPTION GUIDANCE APPLIANCE IN THE 5 TO 7 YEAR OLD

1. **OVERBITE** - Look for potential overbite, overjet and crowding. Any deciduous overbite exceeding 1.00mm (88.6% of 4 year olds) will usually develop into a permanent overbite exceeding 3mm by 12 years of age 86% of the time. Therefore, it is recommended that a child who will soon lose the first deciduous incisor or who is just beginning the eruption of the lower permanent central incisor is ready for preventive eruption guidance, if the deciduous overbite exceeds 1.00mm.
2. **OVERJET** - If the overjet is between 2 and 4 mm, the Nite-Guide® will correct the problem with night-only wear. If the overjet exceeds 4 mm, it is recommended that the Nite-Guide® be worn at least one hour each day with clenching exercise (for 1 or more minute periods with resting periods in between for ½ minute) in addition to night wear prior to the exfoliation of the deciduous central in order that the overjet is corrected to 2 mm by the time the permanent incisors erupt.
3. **CROWDING** - When the Nite-Guide® “C” series is first used just prior to the exfoliation of the deciduous lower central incisors, a slightly larger Nite-Guide® appliance than normal is used where the size is ½ to full size larger than necessary (0.8 to 1.6 mm too large for the lower deciduous incisal area). This is to encourage arch expansion where crowding is anticipated. The size is again usually increased 1 to 2 full sizes (1.6 to 3.2 mm) as the lower permanent laterals erupt if required. Once the lower permanent central incisor erupts, the size of the un-erupted lateral will be short of space greater than 1 mm up to 3 mm (or 2 to 3 mm up to 4.5 mm total both sides) at the time the deciduous canines should be disked to make room for the erupting laterals. The average normal eruption expansion for the total incisal area at the time of the lateral incisor eruption is 2.3 mm. If the shortage is greater than 6 mm for the erupting centrals and laterals up to 8 mm, arch expansion will usually be required by other means in conjunction with the use of the Nite-Guide® appliance.
5. **RETENTION** - Once the first permanent molars erupt, the standard Occlus-o-Guide® appliance should be used. After the upper and lower incisors erupt completely, the dentition is retained with continued night-only use for retention for a period of 6 months to one year.