

INSTRUCTIONS ON THE NITE-GUIDE® USE

TIMING - The most ideal case is when the first permanent incisor (usually the lower central) breaks tissue. The most enlargement occurs in these cases.

MEASURING - Take the pink measuring guide and place the one pointer on the lower mesial of the left deciduous canine and run the ruler along the incisal edges of the lower incisors to the mesial of the lower right canine. Read the size on the ruler. If there is anticipated crowding usually where there are no interproximal spaces between the deciduous incisors, or an arch shortage between deciduous and permanent incisors of no greater than 7 mm), increase the size measured by 2 half-sizes. If you measure #2 on the ruler, put in a #3 size.

TYPE OF APPLIANCE - If the first permanent molars are not yet erupted, use a "C" series, Nite-Guide® appliance. If the first permanent molars are fully erupted, use a "G" series appliance.

PROCEDURE - Have the patient wear the appliance only while sleeping. If it falls out at night don't worry -- it only has to be in about one hour passively each night to do the job. (Overjet that exceeds 4 mm is the only exception; it must stay in all night for this). The first appliance (e.g. #3C) is worn until both lower adult centrals are erupted (3 to 4 months), then as the laterals begin their eruption, place the next appliance in by increasing its size by at least 3 half sizes over the first appliance (e.g. #3C increase to #4½G). This appliance should be a "G" series because the first molars are usually erupted. This appliance is also only worn passively at night until the upper laterals are fully erupted for six months. If further space is required (such as can be obtained by stripping the deciduous canines 2mm. per side on the lower and/or 2mm. per side on the upper by stripping the upper first deciduous molars - not the canines), then another increase of appliance size will be required (e.g. 4½G to 6G). Each half size is 0.8mm. larger on the lower incisal area and 1.2 mm larger in the upper incisal area.

RETENTION - For best results, have the patient wear the same final appliance 1 to 7 nights per week to maintain an ideal result, especially while the adult canines and bicuspids erupt.

Questions or orders – Call 1-800-541-6612 or Fax 1-847-446-7606

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