

SIMPLIFIED NITE-GUIDE® PROCEDURE IN REVIEW**WHAT TO DO AT VARIOUS STAGES OF DENTAL DEVELOPMENT:**

A. Deciduous Dentition (Prior to 6 years of age): The only correction necessary at this time is for overjet over 6 mm. (and arch expansion due to potential crowding exceeding 6 mm. from an arch length analysis determining shortage of future space required for the four permanent incisors, upper or lower, from the available space present in the deciduous incisor arch area from the mesial of canine to canine). The overjet correction should really be corrected to a 2 mm. severity by the time the upper four permanent incisors are fully erupted. This usually requires one hour of active exercise per day and nighttime passive wear when the overjet correction is totally 4 mm. or less. If there is a potential crowding problem predicted when the permanent incisors erupt, the size increase over that actually measured should be 1/2 size larger (e.g. 1½ to 2 C). If smaller, then the size used can be reduced, and if the same, then keep the same size as measured (each 1/2 size is 0.8 mm. different from the adjacent size in the arc of the lower incisors).

B. Beginning Eruption of Lower Permanent Central Incisors: Any potential severity of overbite, potential crowding of up to 7 mm. (from arch analysis of required space of permanent incisors over the available space present between the mesial of the deciduous canines), gummy smiles (over 4.25 mm. of gum showing in the deciduous dentition when smiling where the gum tissue is due to excessive eruption of the upper incisors, but not due to an excessive long maxilla with a short upper lip without an overbite) and up to a 6 mm. overjet (where the total correction doesn't exceed 4 mm.). These problems will correct with only nighttime passive use. The size increases are extremely important at this stage. Never have a size that will not encourage the maximum arch expansion except if potential crowding is a problem. Before both permanent central incisors are 1/3 erupted, increase the appliance by at least two one half sizes (e.g. #2 to #3). After both centrals are 1/3 erupted, then again increase by at least a similar amount (this will allow for 1.6 mm. arch expansion at both stages). Once the laterals are in, no further increases are necessary to adulthood. Open bites will correct 20% of the time when the thumb sucking is substituted with the use of the appliance. If eruption of the incisors does not begin to take place within two months of appliance use, either a fixed thumb-sucking appliance and/or tongue habit or swallowing instruction should be initiated if diagnosed to be necessary. Crossbites should be tried with the appliance, but often require active daily wear for completion after full eruption of the permanent incisors.

C. After Full Eruption of Permanent Incisors: This stage usually requires active daily exercise (of 2 to 4 hours daily and nighttime wear) with the appliance, (Nite-Guide® or Occlus-o-Guide®) but should not be started until after full root development due to adult collagenous fiber formation. Use only the size that is required for the permanent tooth size measurement (compensating for spacing or crowding).

D. Before the First Permanent Molars Erupt: Only use the Nite-Guide® appliance (“C” series).

E. After the First Permanent Molars Erupt: Only use the mixed dentition Occlus-o-Guide® appliance (“G” series) unless you want the overbite to quickly correct by eruption of posterior teeth which lengthens the face, then prolong the use of the Nite-Guide® (“C”-series).

F. After the Second Permanent Molars and Second Premolars Erupt: Only use the adult version of the Occlus-o-Guide® appliance, the Ortho-Tain Positioner (“N”, “X”, and “U”series).

G. For Retention of Early Preventive Cases: Usually nighttime wear is only necessary until all the permanent upper and lower incisors have fully erupted and been in the mouth for six months.

H. For Retention of Mixed Dentition Cases: Usually one hour per day for six months to one year and nighttime use.

I. For Retention of Full Adult Dentition Cases: Retain as in (H) and continue nights only for an additional year.