

**A TREATMENT PLAN FOR THE NITE-GUIDE TECHNIQUE:**

A) Active treatment for overbite, overjet, low arch enlargement.	<u>Time period</u>	<u>minutes of appt.</u>	<u>Time lapse</u>
1. Records and diagnosis	30 minutes	30	
2. Fit appliance, start of treatment	1 - 5 minutes	15	
3. 1st observation appt. - see if appliance is large enough - measure overbite, overjet, expansion, check ging. margins, TMJ	2 months	15	2 months
4. 2nd, 3rd observation ^ same measurements, go to larger size (3 half sizes larger, G series)	4 months	30	6 months
5. 4th observation - same measurements, see if lower laterals erupting well.	4 months	15	10 months
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B) Waiting for full eruption of upper incisors every nite.			
6. 5th, 6th, 7th, 8th observation - some measure- ments, see if upper centrals & laterals erupting well, maybe strip canines if lower laterals still crowded, or strip upper 1st deciduous molars if upper laterals still crowded after their full eruption; appl. worn while sleeping every night. End of active NG phase.	12 months	60	22 months
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C) Interim Period 1/wk			
7. Continued observation once every 6 months for next 2 years - same measurements - wear appli- ance one night per week.	24 months	45	46 months

D) Observation Period

8.	Continued observation once every 6 months for next year. Same measurements. Wear appliance every night passively to guide permanent canines premolars and second molars into proper occlusion. Patient is dismissed unless 2nd phase needed. 2nd phase can be incorporated to torque incisors, rotate posteriors - minor touch ups during this period if desired to save time.	12 months	30	58 months (12 years of age)
			<hr style="width: 50px; margin: 0 auto;"/> 4 hrs.	

Second phase

E)	1. Place brackets on 6-12 teeth	0	30 min.	0
	2. Observation after one month. Retie knots. place wire for torque if needed.	1 month	15 min.	1 month
	3. Observation every month for 3 months until finished. Place retainer, fiberotomy if necessary.	4 months	45 min.	5 months
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F)	4. Observation every 4 months to check on stability, then by 12 ½ to 13 ½ yrs. of age child is dismissed.	8 months	30 min.	13 months
			<hr style="width: 50px; margin: 0 auto;"/> 2 hours	<hr style="width: 50px; margin: 0 auto;"/> 19 months

TOTAL TIME

5 Appts.	A. Nite-guide active in enlarging lower arch and correcting oberbite/overjet.	6 -10 mos.
4 Appts.	B. Nite-Guide observation waiting period for full eruption of upper incisors and allowing for full maturity of collagenous fibers ? nite.	12 mos.
3 Appts.	C. Interim waiting period of 2 yrs. until start of eruption of permanent canines & premolars 1/wk.	24 mos.

2 Appts.	D. Active eruption period of permanent canines, premolars & second molars, often combined with a 2nd phase touch-up orthod. worn every night.	12 mos.
14 Appts. + 1 (30 min. ?) (3 ½ hrs. 1/2 hr. (4 hrs.))		
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5 Appts.	E. Alternative period for 2nd phase	5 mos.
2 Appts.	F. Retention if necessary seen	8 mos.
2 hours	1/4 months	
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Total	6 hours	