

Like a retainer, the Tooth Positioner holds the teeth in their proper position but also helps to settle the bite. It must be worn 24 hours a day, for at the first 4 to 7 days.

It is essential to exercise the teeth while wearing it by "clenching" into the positioner for 20 second intervals every 10 to 15 minutes. Successful use of the Tooth Positioner can result in the early removal of braces.

Kadar Guides for a Great Result!

- Remember to floss every day! Flossing is very important to maintain the health of your teeth and gums while the positioner is being used to settle the bite.
- Use the case to store your Positioner in a cool safe place when not in your mouth. Heat will warp the Positioner and can result in a distorted fit.
- You may remove your Positioner during meals and when brushing but they should be worn as much as possible, 24 hours a day.
- To clean your Tooth Positioner, brush with a small amount of toothpaste on your toothbrush. Rinse with cold water.



Call us at 856.582.1400 with any questions about your Positioner. Tell a friend about the Kadar Orthodontics Team and enjoy your beautiful new smile!

Congratulations!