

## ORTHO-TAIN RETAINER CHART

MARK YOUR DAYTIME WEAR IN UPPER 4 BOXES, NIGHTTIME WEAR IN LOWER SHADED BOX.

	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
4																					
3																					
2																					
1																					
ALL NIGHT																					

	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
4																					
3																					
2																					
1																					
ALL NIGHT																					

	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
4																					
3																					
2																					
1																					
ALL NIGHT																					

Ortho-Tain appliances, material, and packaging has been constructed for, and is intended to be used for, a specific purpose and according to specific procedures set forth in the treatment plan agreed upon between you and your treating doctor. Ortho-Tain Inc. and its related entities are not responsible for any injuries, damages, costs, or other claims by any party if the appliance is not used as specifically intended by its manufacturer.

# ORTHOtain®

A WORLD LEADER IN ORTHODONTIC APPLIANCES

## Nite-Guide® Appliance



## Let's Get Started

## ► You Can Get the Hang of It

- Just before you go to bed, place your Nite-Guide® appliance in your mouth. The larger tooth sockets with the top cut out is for the upper teeth.
- At the beginning, the Nite-Guide® appliance will seem very large in your mouth, but that is to guide your new incoming teeth which are larger than your baby teeth.
- Sometimes during the night the appliance might fall out of your mouth. Don't worry, this is quite common when more of your bigger teeth come in, the easier it becomes to keep the appliance in your mouth all night long.



## ► Don't Fall Down on Your Job

- The appliance must be worn every night or as your doctor prescribes.
- The Nite-Guide® appliance will guide your new adult teeth into their proper places.

- This guidance of your teeth will only happen if you wear your Nite-Guide® every night until 6 months after all of your front teeth have come in.

## ► Taking Care of Your Appliance

- Rinse your appliance in warm water before and after wear. Do NOT use boiling water.
- Brush your appliance with toothpaste just like you brush your teeth.
- Keep the appliance in the case when you are not wearing it.
- Keep your appliance away from your dog.
- Call your doctor immediately if you lose the appliance.
- Fill out the chart on the back of this folder every night and bring this chart to every appointment.

# Congratulations and Let's Get Started

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