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ACTIVE POSITIONER

I HOPE YOU ARE EXCITED ABOUT GETTING YOUR “BRACES” OFF, AND THAT YOU WILL ENTER THIS NEXT PHASE OF TREATMENT WITH ENTHUSIASM! THIS PHASE IS JUST AS IMPORTANT AS THE BRACES HAVE BEEN.

Dr. Housley and/or Dr. Dobson will instruct you how many hours per day you will need to wear your Positioner. Patients are often instructed to wear the Positioner 12-13 hours per day for the first month. This is 4 hours of ACTIVE wearing, plus 8 or 9 hours of sleeping time. During ACTIVE wear, you will most likely be instructed to do a CLENCHING EXERCISE which will actively move your teeth. This is most important! The sleeping time retains (holds) the teeth straight which is also very important until the gum and bone “settle and mature.”

As we go through the next months, ACTIVE wearing time will gradually be reduced by approximately ½ hour per month (assuming you give full cooperation) until you’re only wearing the Positioner while sleeping. Although the Positioner may feel awkward at first, it will become your best friend as it settles your teeth and holds them straight.

**WARNING: The first few months of active wearing are critical.
You may fail to achieve a fine result if you do not wear as directed.**

If you have any questions that need to be answered please feel free to call our office at 272-4242 or you may email Dr. Housley at drhousley@owassoorthodontics.com or Dr. Dobson at drdobson@owassoorthodontics.com

THANK YOU,

DR. HOUSLEY, DR. DOBSON, AND STAFF