



JOHN J. EISINGER
D.D.S., INC.

ORTHODONTICS FOR CHILDREN & ADULTS



THERABITE

Purpose:

The Therabite helps to alleviate pressure and tenderness during initial tooth movement.

Instructions:

Bite down on the plastic appliance and hold for 7 seconds. Repeat this several times daily. This appliance is to be used as needed after the placement of separators, bracket bondings, and adjustment appointments.



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SEPARATORS

Purpose:

Separators create space between the teeth to prepare for comfortable placement of orthodontic bands and the accompanying appliances at the next visit.

Instructions:

Avoid sticky and chewy foods as these may displace the separators. Do not floss where the separator was placed. Please call our office at 831-372-7397 if the separator is lost or broken.

Considerations:

You may experience some discomfort due to initial tooth movement. This may be minimized by the use of the Therabite we provided you today.



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RAPID MAXILLARY EXPANDER

Purpose:

Rapid Maxillary Expander (RME) is a customized fixed growth guiding appliance. The purpose of the RME is to widen your upper arch to accommodate your permanent teeth and encourage healthy eruption and occlusion.

Instructions:

Insert the key into position on the RME with the plastic handle pointing up. Push key on the embossed target sign and turn key clockwise and to begin expansion. Do this every night for 30 days. Practice counting from 'Sixty to Seventy' 50 times tonight to improve speech with the expander.

Considerations:

You may experience some tightness across the nose and sinus area. A space may occur between the two front teeth as expansion proceeds. This is a positive sign of expansion and this space will be addressed



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BIONATOR

Purpose:

The Bionator is a removable customized functional appliance. The purpose of the appliance is to achieve optimal occlusion. The appliance is activated each time when worn.

Instructions:

The Bionator sits loosely in your mouth to allow for you to open and close in a new relationship. This will create gentle pressure on your teeth influencing the way your cheeks, lips, and tongue function. The appliance should be worn as Dr. Eisinger prescribes. This may be full time wear or night-only wear for consistent and optimal correction unique to each patient.

Considerations:

Keep your Bionator clean by brushing it with toothpaste and soaking in diluted 1.5% hydrogen peroxide. Always store your Bionator in its' case. You may experience difficulty speaking during the first week. Practice speaking by reading a book out loud at night.



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MOLAR-TO-MOLAR

ADVANCSYNC2

Purpose:

Once placed, the Molar-To-Molar is designed to orthopedically correct malocclusions during orthodontic treatment. While worn, this device is not visible and will allow for optimal facial esthetics and a healthy, stable occlusion.

Instructions:

The M2M positions the lower jaw forward and it is worn for 7 to 10 months. Opening and closing movements occur naturally while wearing this fixed appliance. To keep the appliance clean, normal brushing, the use of a Waterpik, and diluted 1.5% hydrogen peroxide rinses are recommended.

Considerations:

At first, your mouth will feel unusually full but this will improve quickly. Patients rarely have problems learning to chew food or speak with this appliance. If you notice any issues with your appliance, please call our office. Avoid hard and sticky foods.



TOOTH POSITIONER

Purpose:

The purpose of the Tooth Positioner is to make final position adjustments in your occlusion, and to create the most comfortable, stable, and beautiful tooth alignment.

Instructions:

The Tooth Positioner is a customized appliance to be worn as you finish orthodontic treatment. Optimal benefits are achieved with full time wear for the first two weeks. Remove your Tooth Positioner for eating and speaking. While wearing, gently clench and hold your teeth into the positioner for 20 seconds. Repeat often.

Considerations:

Keep your Tooth Positioner clean by brushing it with toothpaste and soaking in diluted 1.5% hydrogen peroxide. Always store your Tooth Positioner in its' case.



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BITE TURBOS

Purpose:

The purpose of Bite Turbos are to prevent the teeth from making contact with the fixed brackets. This allows the teeth to move into their ideal position.

Instructions:

Bite Turbos are typically present for 6 months to allow tooth movement, however, this time varies depending on the treatment needs. Continue to chew and function as normal and adjust diet as needed.

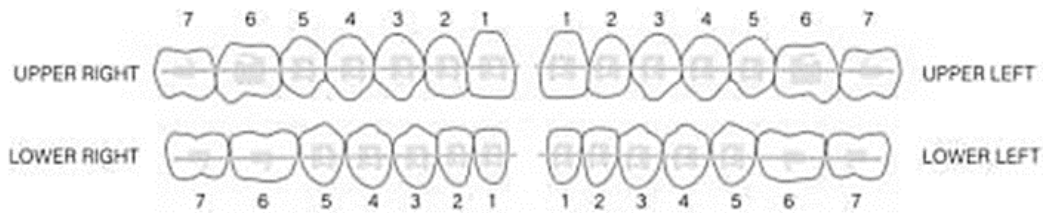
Considerations:

With these Bite Turbos, your bite will feel 'propped open'. This is normal and will resolve as the teeth continue moving. If a Bite Turbo comes off, please call our office at 831-372-7397 so we can replace it.



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ELASTIC WEAR

Purpose:

The purpose of elastic wear is to aid in tooth movement, achieve optimal stable occlusal relationships, and expedite treatment.

Instructions:

Elastic effectiveness requires full-time wear. Intermittent wear will cause additional soreness and no appreciable in tooth movement prolonging treatment.

Considerations:

Tenderness is common due to additional tooth movements and, with constant wear, any discomfort will be eliminated.



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PHASE I RETENTION

Congratulations on your new smile!

Please wear your retainers 12-14 hours each day while at home. We look forward to seeing you ever 4 months to check your retainers and growth.

Instructions:

Follow this wear schedule closely to ensure teeth stay in their optimal position. Remove retainers from the back to prevent breakage. We recommend brushing retainers with diluted 1.5% hydrogen peroxide or EverSmile. Keep retainers in their case when not wearing as they are easily lost and/or damaged. There is a professional fee for replacement retainers.



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RETAINER WEAR SCHEDULE

4 Months - Full Time _____

4 Months - 16/18 Hours Daily _____

4 Months - 12/14 Hours Daily _____

4 Months - Every Night _____

Continue wear every other night to maintain your new smile!

Continue night time wear FOREVER.

Instructions:

Follow this wear schedule closely to ensure teeth stay in their optimal position. Remove retainers from the back to prevent breakage. We recommend brushing retainers with diluted 1.5% hydrogen peroxide or EverSmile. Keep retainers in their case when not wearing as they are easily lost and/or damaged.

Considerations:

While wisdom teeth are present, teeth will shift significantly and it is imperative to continue nightly retainer use. After wisdom teeth are removed, every-other night time wear is recommended.

There is a professional fee for replacement retainers.



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CONGRATULATIONS!

Team Eisinger is honored that you selected our office for your orthodontic journey!

Office Recommendations

Arm and Hammer Toothpaste: Twice daily use

Proxy Brushes: Intermittent use as needed

Patient Wax: As needed for comfort

Food List: Follow guidelines to protect brackets

Superfloss: Daily use

Waterpik: Daily use



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PHASE I TIMELINE

1. Rapid Maxillary Expander (RME) placed.
2. Fixed Brackets placed 1 month later.
3. RME and Fixed Brackets removed. Retention phase begins. Observation appointments every 4-6 months to monitor eruption.

TOTAL TREATMENT TIME 10-14 MONTHS

Treatment times will vary according to unique growth and development.



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ENJOY THESE

Cheese

Diced Apples

Soup and Pasta

Steamed Vegetables

Yogurt/Cottage Cheese

Fish

Ice Cream

Bananas

Hamburgers

Smoothies





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AVOID THESE

Pretzels/Bagels

Pizza Crust

Hard Bread

Tortilla Chips

Sticky Candy

Nuts/Seeds

Beef Jerky/Ribs

Raw Vegetables

Ice

