

THE WEAR AND CARE OF YOUR BIONATOR

Your bionator is an important to your orthodontic treatment. It is designed to improve the bite between your back teeth, and also correct the fit of your front teeth. To allow the bionator to work properly, you must follow these guidelines:

1) WEARING THE BIONATOR

You must wear the bionator 24 hours per day. Failing to wear the bionator all day and night will slow the progress of your treatment, and your treatment with the bionator will take longer to complete. This means that you must have the bionator in place at all times, except when eating, brushing, and when involved in contact sports. You must not use these exceptions as excuses to leave your bionator out of your mouth for prolonged periods of time. To insert the bionator, you should observe the following instructions:

- a) place the bionator against your upper teeth, with the front wire in front of your teeth
- b) gently close your mouth until the lower front teeth bite into the plastic of the bionator
- c) you will need to push your chin forward to bite your lower teeth into the bionator
- d) you must keep your teeth together to prevent the bionator from falling out of your mouth

To remove the bionator, you should observe the following instructions:

- a) open your mouth, while holding the bionator against your upper teeth, with your tongue
- b) lower your tongue to allow the bionator to fall away from your teeth
- c) carefully remove the bionator from your mouth with your fingers

If mishandled, the bionator may fail to fit properly against your teeth. Please follow these important guidelines:

- a) **NEVER** bite on the bionator as this will bend the wires and crack the plastic
- b) **NEVER** flick the bionator with your tongue as it may fall out of your mouth and become damaged
- c) **NEVER** boil the bionator to clean it, or allow them to be heated in any way
- d) **NEVER** allow any one to handle your bionator, and keep it away from children and pets
- e) **ALWAYS** have the bionator in your mouth or in the protective box

2) CARING FOR THE BIONATOR

Aside from wearing and handling it properly, the bionator requires little attention. You may clean it with your toothbrush and a little toothpaste each night before you go to sleep. Please carry the protective box with you if you are likely to remove the bionator while away from home. It is easy to leave the bionator somewhere, or discard it in a napkin at a restaurant. The bionator should only be in one of two places - in your mouth or in the box. Write your name and telephone number on the box label so someone may return your bionator if you lose it. If you do lose it, **CALL THE OFFICE IMMEDIATELY**. If you have any concerns or problems, PLEASE CALL! Even if you call when the office is closed, you can leave a message. You must bring your bionator with you to each appointment.

We are available to help you with any concern. Our goal is to create the best bite for you. Please call the office if you have any questions or concerns.