

# Congratulations

## on your great new smile.

**You just got your braces off and you love your new smile. However, as your orthodontist may have told you, the job is not yet done.** There may be spaces between some of your teeth and other slight adjustments to be made. To help finish your orthodontic treatment, or to maintain your bite while you wait for your retainer to be made, your doctor has given you this Pre-Finisher appliance.

The Pre-Finisher is a soft, resilient finishing appliance with the tooth impressions in perfect positions. As you exercise – or bite – into it, the appliance stretches and pushes back against your teeth. The pressures applied will be in just the right directions to help finish your treatment.

**Pre-Finisher**<sup>®</sup>  
PREFORMED FINISHING APPLIANCE



TP Orthodontics, Inc.

## Placing your appliance.

It's a good idea to use a mirror when learning to place your Pre-Finisher. Start by fitting it to the upper teeth, following the procedures suggested by your orthodontist. You may need to stretch and hold it in place with your fingers until your lower teeth are closed into it. Soaking the appliance in hot (not boiling) water for 30 or 40 seconds will make it softer and facilitate placement. As your teeth move and you become more familiar with your Pre-Finisher it will become much easier to place.

## Wearing the Pre-Finisher properly.

Once you have learned to place your Pre-Finisher properly you must practice exercise wearing – or wearing the appliance while actively biting down. To do this, bite firmly into the Pre-Finisher and hold the bite for as long as possible. At first you may only be able to exercise for 10 to 20 seconds before your muscles become tired. That's okay. When you can't bite any longer, relax your jaw, but don't open your mouth.

The Pre-Finisher can help your teeth even when you aren't biting into it. However, it has a better effect and moves your teeth more quickly when you are actively pushing your teeth into it.

You may also wear the Pre-Finisher while you are sleeping. This is called night time, or relaxed, wearing. The benefits of this are not as great as from exercise wearing, but it does help maintain corrections achieved during the day.

**Exercise wearing** = actively biting into the Pre-Finisher to push your teeth into the correct place

**Relaxed wearing** = wearing the Pre-Finisher without biting down, such as when you are sleeping

## A few reminders.

It's important to note that exercise wearing does not mean to chew on the appliance. Simply close, hold your bite down and then relax. You should repeat this action over and over, with the goal of increasing the time you can clench into the Pre-Finisher.

To keep your Pre-Finisher clean simply scrub it thoroughly with soap and hot water. Do not place it in boiling water or put it in the dishwasher.

If you experience any significant discomfort, or have any difficulty placing and wearing your Pre-Finisher, contact your orthodontist's office right away. They may be able to offer advice by phone, or they may ask you to visit the office.

BEFORE



AFTER



## A great smile is your responsibility.

The next few weeks can be the most important of your entire orthodontic treatment. You must wear your Pre-Finisher exactly as your orthodontist has instructed. You should also bring your appliance with you for each appointment. You and your doctor have invested much time and effort into creating a great smile for you. Now it's up to you to follow through for a few more weeks. Once you have perfected your smile with your Pre-Finisher, your wearing time will be reduced or perhaps another type of appliance will be made for you to wear. You're almost there!

# your personal scorecard.

It's important for you to keep track of how much time you spend wearing your Pre-Finisher appliance each day. For example, if you wear it exactly as required, fill in the entire area for that day. If you wear it only two-thirds of the prescribed time, fill in only two-thirds of the area.

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**Remember: night time = one hour of exercise wearing**