

This appliance creates a proprioceptive bio-feedback system, with “fangs” that touch the skin on the inside of the mandible if the mouth is open. Over time it increases the resting tone of the chewing muscles., thus changing the balance zone in which the teeth reside so that the teeth can be physiologically accommodated in a wider position.

**Starting;** Initially this appliance MUST NOT be worn when asleep, which is when most people subconsciously drop their jaw’s open, leading to a **sore** patch. For the first two weeks build up the wear starting with 2hrs periods, reducing the space between the period until is in place all day, except eating. Alternative night wear can start at the end of the 2<sup>nd</sup> week, but only when directed.

**Adjusting the fangs;** There are two sets of fangs (soft tissue locks) the anterior (front) and the posterior (back) which are vertical in form initially. Over time they are carefully adjusted so that they just mould into the skin adjacent to them. This then reminds the wearer to maintain a raised mandibular rest position (closed mouth). Initially most individuals will continue to drop their jaw a little, leading to either 1) a disturbance in the moulding allowing the jaw to drop too much requiring the fang to be built up at the next visit or 2) a sore patch. It can easily take 9-12 months before the fangs are really effective and is one of the hardest and most technical aspects of the therapy.

**Sore patches;** When the jaw drops down it is possible to squeeze this patch of skin which can then swell so that the fang is touching the skin (as it is swollen) even when the jaw is in the correct place. If this occurs :

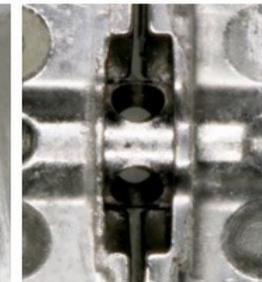
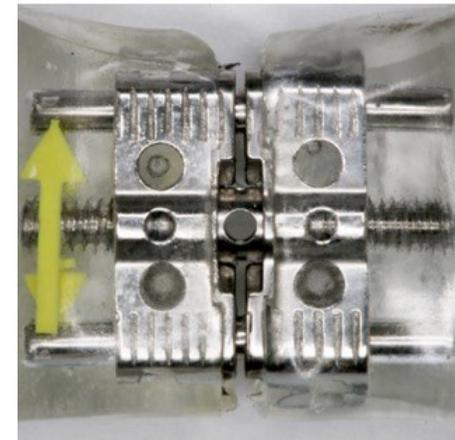
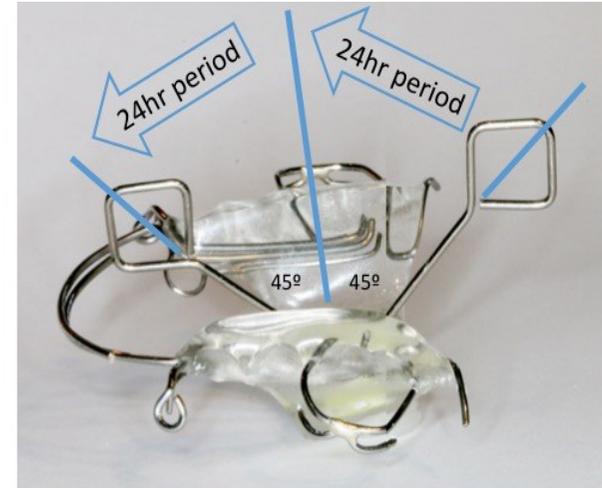
- Immediately stop night wear but wear the brace in the daytime, if possible.
- Use hydrogen peroxide mouth wash or hot salt water 3-6 times a day
- Contact the clinic, or if really necessary Dr Mew out of hours.
- We may advise you- if absolutely necessary- to file a little material off the fang; from the side rather than the tip.

**Activation;** The appliance is activated with a 45° degree turn once per week. Effective proprioception from the fangs and a minimum of 8 hour wear is required to be able to start with the turns.

**Only start turning when instructed by us.**

Always turn the brace in the direction of the yellow arrow. There is an arrow on either side of the brace, in case you turn the brace over. Between turns the central cylinder should either be in the:-

1. Middle position; with a single hole visible in the middle of the metal cylinder, or the
2. Symmetric position; with two holes visible either side, equally placed from the centre.



Left; Middle position, only one hole visible;  
Above; symmetric position, 2 holes visible either side of Centre.

Note the arrow is arranged to indicate the correct direction whatever the orientation of the appliance.

Please avoid the mistake of pushing the key as far forward as you can until it stops at the point where it hits one of the crossbars. This is too far.

### **Important information**

It is essential throughout therapy to clean your teeth perfectly. Bleeding is almost always a sign of poor brushing and usually means that better, more effective brushing is needed rather than less.

There are timers embedded into all of our training appliances to aid compliance.

Until this brace is loved, it is never really accepted and an overzealous introduction and sore patches can create a negative association with this appliance.

#### **Contact us immediately if;**

The braces become loose

It is persistently painful

It is not possible to fully insert the appliance

**Emergency out of hours contact number:**  
(please never use for any other matters)

Dr Mike Mew **07956 419918**

**You should never go 12 hours without wearing an appliance  
without contacting us.**



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**Orthotropics**



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# **Patients' Instructions**

## **Hybrid Training Appliance**

**Appointment bookings: telephone: +44 (020) 8660 3695**

(Please do not email to arrange appointments)