

# myobrace®

FOR TEENS

DEVELOPING  
PERMANENT  
DENTITION

USE FOR  
ONE HOUR  
EVERY DAY  
AND WHILE  
SLEEPING



[www.myobrace.com](http://www.myobrace.com)

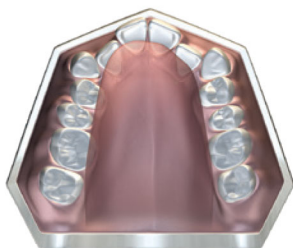
WORLDWIDE PATENTS, FOR MORE INFORMATION VISIT MYORESEARCH.COM

## What causes orthodontic problems?

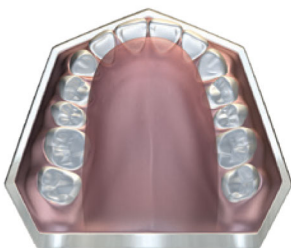
The majority of our children will develop crowded teeth and incorrect jaw alignment. Modern research has shown that mouth breathing, tongue thrusting, reverse swallowing and thumb sucking – known as incorrect myofunctional habits – are the real causes of crooked teeth. These habits limit the development of the child's jaws and face resulting in orthodontic problems. These causes cannot be corrected with fixed braces.

### Normal vs crowded teeth

The function of the tongue, cheeks and lips determines tooth position. Correct facial growth depends on correct function and breathing patterns.



**CROWDED**  
UPPER ARCH



**NORMAL**  
UPPER ARCH

**NOTE: TOOTH SIZE HAS NOT CHANGED**

# How it works

MRC has pioneered the use of appliances to correct myofunctional habits in growing children and has proven success in orthodontic correction without braces. This treatment can also lead to better facial development in growing children. The key to this treatment is correcting the position and function of the tongue, obtaining correct nose breathing and retraining the oral muscles to function correctly.

*Myobrace*<sup>®</sup> appliances effectively train the tongue to position correctly in the upper jaw, retrain oral musculature and exert light forces to align the teeth.

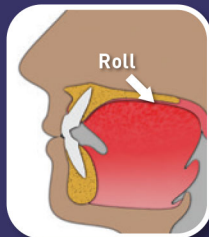
## Goals of treatment:

- Lips together at all times except when speaking or eating;
- Breathe through the nose, to assist the development of the upper and lower jaws, and to achieve the correct bite;
- No lip activity when swallowing, which allows the front teeth to develop correctly;
- Improved dental alignment;
- Improved facial development.

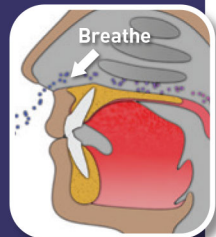
**For the *Myobrace*<sup>®</sup> to work, you must correct your poor myofunctional habits.**



Correct rest position



Correct swallowing pattern



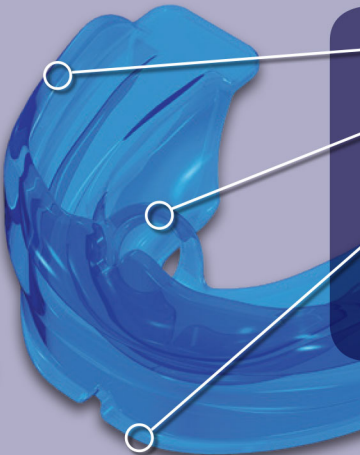
Breathing awareness

# Myobrace® for Teens

*Myobrace® for Teens* is a four-stage appliance system designed specifically to correct poor oral habits while treating upper and lower jaw development problems. *Myobrace® for Teens* is most effective when the permanent teeth have come through and is designed to guide the erupting teeth into their natural position.

## *Myobrace® for Teens* - Design features

Stage four - Retention



**Firm polyurethane construction** - provides excellent retention.

**Tongue tag, guard and elevators** - train the tongue to position properly.

**Extended lip bumper and high sides** - discourages overactive lip function and encourages nasal breathing.



## Directions for use

Use your *Myobrace*® appliance for one to two hours each day plus overnight while sleeping.

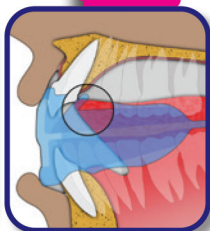
Your teeth may become slightly sensitive in the early stages of treatment. This is quite normal, but if pain becomes excessive, decrease application time and advise your doctor.



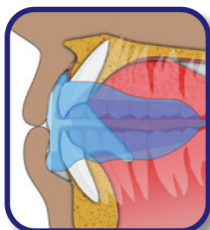
**Step 1** – Hold the *Myobrace*® with the tongue tag facing up.



**Step 2** – Place the *Myobrace*® into your mouth.



**Step 3** – Keep your tongue positioned on the tongue tag.



**Step 4** – Close down on the *Myobrace*® and feel it working to align your front teeth and jaws.



**Step 5** – Keep your lips together and breathe through your nose.

**Do not chew on your *Myobrace*®!**

**May fall out at night while sleeping in initial stages of treatment. If this happens, increase daytime use.**

# Indications for use

***Myobrace® for Teens* is a four-stage appliance system designed specifically to correct poor oral habits, improve upper and lower jaw development problems, and to align the erupting permanent teeth.**

The appliances correct poor myofunctional habits which are the cause of crooked teeth, while providing light forces to assist in expanding the upper jaw and aligning the teeth and jaws into their correct position.

## Treatment considerations

Treatment time can differ depending on the biological adaptability of each patient. The *Myobrace®* appliance must be used daily for a successful outcome.

Regular monitoring by your dentist or orthodontist is essential for successful treatment and to avoid unwanted treatment complications.

**Cleaning your *Myobrace®*:** Clean your *Myobrace®* appliance under warm running water every time you remove it from your mouth. Use *Myoclean™* tablets to correctly clean twice every week. Ask your doctor or dental therapist about *Myoclean™*, the recommended cleaning agent for all *Myobrace®* appliances.

Lifetime use: 6 months based on everyday wear.

Replace after 12 months regardless of wear time.

**CAUTION: USE ONLY UNDER THE SUPERVISION OF A LICENSED ORTHODONTIST OR DENTIST**



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Single Patient Use.



**MYOFUNCTIONAL  
RESEARCH CO.**

INNOVATIVE DENTAL APPLIANCE  
TECHNOLOGY AND EDUCATION

