

**IMPROVE FACIAL  
AND DENTAL  
DEVELOPMENT**  
Mixed Dentition



**USE FOR  
ONE HOUR  
EVERY DAY  
AND WHILE  
SLEEPING**



THE PRE-ORTHODONTIC  
**TRAINER**  
FOR KIDS

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

WORLDWIDE PATENTS, FOR MORE INFORMATION VISIT MYORESEARCH.COM

# TRAINER TIPS FOR PARENTS

- The child must persevere with use while sleeping if the *T4K*<sup>®</sup> falls out due to tongue thrust or mouth breathing. Incorrect habits must be corrected, and once the *T4K*<sup>®</sup> stays in all night your child has succeeded.
- The child's mouth should be closed most of the time ie: emphasise keeping the lips together when the *T4K*<sup>®</sup> is in place. When the *T4K*<sup>®</sup> is out of the mouth, the lips should be lightly together and the child should breathe through the nose.
- Remind the child to have their tongue tip in the approximate position of the Tongue Tag even when the *T4K*<sup>®</sup> is not in use.
- Use for a minimum period of six to twelve months.
- If overnight use is not possible, increase day use.
- Expect to see dental changes within three months with good compliance. However, you should see an improvement in function within a short period of time (breathing through the nose, and less muscle activity when swallowing).

## T4K<sup>®</sup> DESIGN FEATURES

### TOOTH GUIDANCE SYSTEM

Moulded to front of the *T4K*<sup>®</sup>  
(similar in function to orthodontic archwire).

- ① **Tooth Channels.**
- ② **Tooth Aligners** impart a light force on misaligned front teeth.

### MYOFUNCTIONAL EFFECT™

- ③ **Tongue Tag** helps achieve the correct positioning of the tongue tip.
- ④ **Tongue Guard** stops tongue thrusting when in place and encourages the child to breathe through the nose.
- ⑤ **Lip Bumpers** discourage overactive lip muscle activity.

### JAW DEVELOPMENT

- ⑥ **Aerofoil shaped base** assists jaw development. Correct jaw position is produced when in place by a combination of preventing mouth breathing and tongue thrusting.

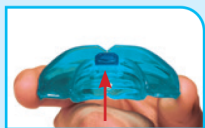
## DIRECTIONS FOR USE

USE THE T4K® FOR ONE HOUR EACH DAY  
AND AT NIGHT WHEN ASLEEP

Use the T4K® while doing homework, reading, watching TV, using a computer or even while playing.

Your front teeth may become slightly tender in the early stages. This is normal but if soreness becomes excessive, decrease T4K® application time, then increase to normal use when tenderness has passed.

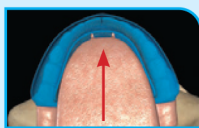
### DO NOT CHEW ON THE T4K®



**Step 1:** Hold T4K® with Tongue Tag up.



**Step 2:** Place T4K® into your mouth.



**Step 3:** Keep tongue positioned on Tongue Tag.

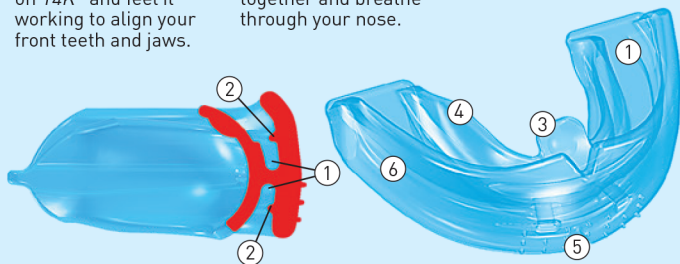


**Step 4:** Close down on T4K® and feel it working to align your front teeth and jaws.



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

**Your doctor may vary these instructions for different treatment plans.**



Use the T4K® while doing homework, reading, watching TV, using a computer or even while playing.

# INDICATIONS FOR USE

**The Pre-Orthodontic Trainer for Kids™ (T4K®) is part of The Trainer System™ by Myofunctional Research Co.**

Bad myofunctional habits such as incorrect tongue position and function plus mouth breathing are often the cause of misaligned teeth and poor jaw development.

## **The Myofunctional Effect™**

All appliances in *The Trainer System™* are designed to re-train the oral musculature. This assists in the correction of tooth and jaw alignment.

If left untreated, myofunctional habits such as mouth breathing, incorrect swallow and tongue thrusting will be detrimental to correct facial development and any future orthodontics.

The T4K® is specifically for treatment in the mixed dentition stage, while the permanent teeth are erupting and the child is still growing.

**Cleaning the T4K®:** Clean your T4K® under warm running water every time you remove it from your mouth. Use *Myoclean™* tablets to correctly clean twice every week. Ask your doctor about *Myoclean™*, the recommended cleaning agent for all MRC Appliances.

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

Lifetime use: 6 months based on everyday wear.  
Replace after 12 months regardless of wear time.



**The Trainer System™ by Myofunctional Research Co.**  
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Single Patient Use.



**MYOFUNCTIONAL RESEARCH CO.**  
INNOVATIVE DENTAL APPLIANCE  
TECHNOLOGY AND EDUCATION

