

IMPROVES **COMFORT AND
STABILITY** DURING BRACES



USE FOR
ONE HOUR
EVERY DAY
AND WHILE
SLEEPING

#T4B#
TRAINER FOR BRACES

www.myobrace.com

WORLDWIDE PATENTS, FOR MORE INFORMATION VISIT MYORESEARCH.COM

DIRECTIONS FOR USE

USE THE *T4B* FOR ONE HOUR EACH DAY AND AT NIGHT WHEN ASLEEP

Use the *T4B* while doing homework, reading, watching TV, using a computer or even while playing. It is best to start using the *T4B* as soon as braces are first fitted to your teeth. This is when you will experience the most tenderness in the teeth, gums and soft tissues of the mouth.

The *T4B* will reduce this trauma and discomfort.

During ongoing treatment, the jaw joints (TMJs) can become painful due to tooth movement. The *T4B* features an aerofoil-shaped splint which assists TMJ treatment during braces.

The *T4B* is NOT a mouthguard. For sports protection, ask your orthodontist for a *Powrgard*® 4-Braces mouthguard.

T4B DESIGN FEATURES

BRACES PROTECTION SYSTEM

- ① **Braces channels** accommodate brackets and orthodontic archwire, and protect cheeks and gums.

MYOFUNCTIONAL EFFECT™

- ② **Tongue tag** helps achieve the correct positioning of the tongue tip.
- ③ **Tongue guard** stops tongue thrusting when in place and encourages nose breathing.
- ④ **Lip bumpers** discourage overactive lip muscle activity.

JAW POSITIONING

- ⑤ **Correct jaw position** is produced when in place.
- ⑥ **Aerofoil-shaped splint** assists jaw development. Correct jaw position is produced when in place by a combination of preventing mouth breathing and tongue thrusting.

Use every day while watching television, playing games

TRAINER TIPS FOR PARENTS

The *T4B* is designed to make orthodontic treatment more comfortable and effective. It is important that your child understands how important it is to continue wearing it.

- The *T4B* may fall out during the night due to tongue thrust or mouth breathing. Persist with using the appliance. If overnight use is not possible, increase daytime use.
- Ensure your child uses the *T4B* on a regular, daily basis. Try and establish a routine of use. Use for duration of your orthodontic treatment, or as directed by your dentist or orthodontist.
- Emphasise keeping the lips together when the *T4B* is in place.
- Remind the child to have their tongue tip in the approximate position of the Tongue Tag even when the *T4B* is not in use.
- Clean appliance using **Myoclean™** once or twice every week.

DO NOT CHEW ON THE T4B



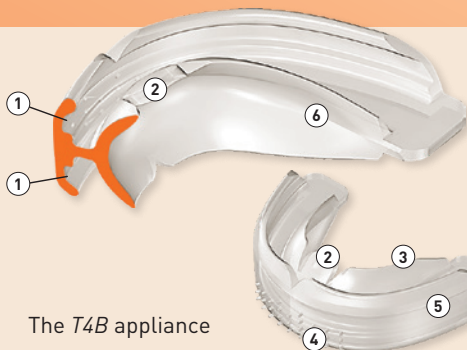
Step 1: Hold *T4B* with tongue tag up.



Step 2: Place *T4B* into your mouth.



Step 3: Keep tongue positioned on tongue tag.



The *T4B* appliance



Step 4: Keep your lips together and breathe through your nose.

s, and doing homework, plus overnight while sleeping.

INDICATIONS FOR USE

The Trainer for Braces (T4B) is part of The Trainer System™ by Myofunctional Research Co.

The T4B protects the soft tissues inside the mouth (lips and cheeks) from irritation by braces, which is a major cause of discomfort in the initial stages of orthodontic treatment.

In addition, the T4B assists in the correction of myofunctional habits that cause the teeth and jaws to develop incorrectly. These include myofunctional habits such as tongue thrusting, incorrect swallowing, and mouth breathing. This improves the effectiveness and stability of orthodontic treatment.

The Myofunctional Effect™

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

Cleaning the T4B: Clean your T4B under warm running water every time you remove it from your mouth. We recommend using Myoclean™ tablets for all your oral appliances twice a week. Ask your practitioner about Myoclean™.

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.**



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**MYOFUNCTIONAL
RESEARCH CO.**

**INNOVATIVE DENTAL APPLIANCE
TECHNOLOGY AND EDUCATION**

Single Patient Use.



**KEEP OUT
OF DIRECT
SUNLIGHT**



**CLEAN
BEFORE USE**