

Instructions for Use of FUNCTIONAL ACTIVATORS

Please read these instructions carefully before using your device. It contains important information about your treatment.

If you need more information, please consult with your dentist.

Please keep these instructions, as you may need to consult them throughout your treatment.

If you notice any undesirable effects that are not mentioned here, please consult with your dentist.

It is important to follow these instructions as rigorously as possible. For your exercises, regularity, perseverance, and carefulness are important for achieving desirable results.

Your dentist has prescribed this device to you but it is your responsibility to carry out your treatment. Your dentist will advise you of the appropriate exercises, decide on the duration needed to obtain the maximum effectiveness, and make any changes necessary to the device.

1-MODE OF ACTION

These devices stimulate the reorganization of the neuro-vegetative buccopharyngeal system using nasal ventilation, deglutition, mastication and phonation. It is their dysfunctions that cause dental disorders.

2-MATERIALS

The material STAMINALENE® is used to make this device. It abides by all the medical standards of biocompatibility. The colors used on the devices as well as the casings they come in also abide by such medical standards. The outer casing is made out of cardboard that is guaranteed by the FSC (Forest Stewardship Council).

If desired, your dentist can provide you with more details regarding these materials.

3-PRESENTATION

The device is like a double mouthguard in which the teeth go inside. The deeper mouthguard is for the maxillary teeth and the other is for the mandibular teeth.

The devices are available in four formats:

PALATAL EXPANSION: to allow for space (Square devices are in white, and round devices are in blue).

MANDIBULAR PROGNATHISM: to move the chin further back (These devices are in red).

MANDIBULAR RETROGNATHISM: to move the chin forward (These devices are in yellow).

CONFORMER: to correct small anomalies in the positioning of the teeth (Square devices come in clear). The square CONFORMER is used at the end of the treatment. This final step is imperative to stabilizing the treatment long term.

Please note: the longer the treatment, the better it will work. During a treatment (which can last several years), you will change from one device to another depending on the initial diagnosis, the evolution of the treatment, and the objective.

4-INSTRUCTIONS FOR DEVICE USE

The device must be worn during the day to practice the exercises and at night while asleep.

DAILY EXERCISES

To receive optimal results, the exercises must be practiced using the following protocols:

It is important for each patient to adopt the necessary protocols that are based on age, health state, personal capacities etc. Your practitioner will advise you precisely what is appropriate for you.

Regardless of the type or duration of the exercise, it is important to do a chewing movement in the device. In all cases, the tongue must be against the inner part of the device. Your tongue must be in an upright position towards the palette. Your dentist can provide you with further instructions if necessary.

Exercises are done in repetitive cycles. One cycle

consists of a rhythm of keeping the tongue in an upright position, biting the device and inhaling, and then releasing and exhaling. Every 5-7 cycles, swallow your saliva while keeping your tongue touching your palette and your teeth clenched. You may find this difficult your first few times. With perseverance, improvement will be fast.

Adults:

The exercises must be done in the morning, afternoon, and at night, for 20 minutes each time.

Morning: device in your mouth while walking slowly and looking at a 45-degree angle.

Afternoon: device in your mouth while sitting down, back straight, shoulders relaxed and looking at a 45-degree angle.

Night: device in your mouth, lying on the floor (on a carpet or rug), knees up to your chest, feet resting on the edge of a bed or couch, arms elongated behind your head or crossed above your chest, your head resting on a book while maintaining a slight extension of the neck.

Children:

The frequency and the duration of the exercises depend on the age of the patient:

- Children under 5 years old: 3-5 minutes, 1-2 times per day.

- Children between 5 and 7: 5-10 minutes, 1-2 times per day.

- Children between 7 and 12: 10-20 minutes, 1-3 times per day.

- Adolescents between 13 and 19: 15-20 minutes, 2 times per day.

The exercises should be done in different positions each day to the next.

For example:

Day 1: device in your mouth while walking slowly and looking at a 45-degree angle.

Day 2: device in your mouth while sitting down, back straight, shoulders relaxed and looking at a 45-degree angle.

Day 3: device in your mouth, lying on the floor (on a carpet or rug), knees up to your chest, feet resting on the edge of a bed or couch, arms elongated behind your head or crossed above your chest, your head resting on a book while maintaining a slight extension of the neck.

Please note: There is no age limit to the effectiveness of this treatment; however, it is to one's benefit to begin treatment as early as possible. In children, the structure of the mouth is malleable. A few minutes of exercise per day and the wearing of the device at night is enough to gain positive results. Starting a treatment as early as possible, starting at age 3, allows the process to go faster and for better orthodontic results.

AT NIGHT:

After 3-4 days of doing your exercises during the day, you can start to wear the device at night. Several situations could arise:

Although you may sleep without any problems with the device in your mouth, when you wake up in the morning, you may have sensitive teeth. This will disappear after several minutes.

You may wake up in the morning without the device in your mouth. You will not know when it fell out. Wear it again the next night. You may wake up throughout the night because the device is being active. You will have pain in our teeth. Take it off, and continue sleeping. At the beginning you will need to adapt to it before you are able to wear it for the entire night.

Generally, you may fall asleep quickly. With the device in your mouth you may be awake for about a half an hour. Take off the device and wear it the next night. After some time, you will be able to wear it for the entire night.

If you have the habit of breathing through your mouth at night, clenching your teeth, grinding your teeth or if you have frequent colds, with persistence you will be able to sleep with the device.

5-CHANGING THE DEVICE

When you change your device for a model that is larger or of a different form, here are the precautions you need your new one for your exercises. The time it takes to adapt to a new

device can be quick (several days) or it can take more time (several weeks). Once you have adapted to the new device, you can use it for both your exercises and while you're asleep at night.

6-PRECAUTIONS FOR USE

The most important precaution to take is the progressive use of your device (mainly adults) to avoid over stretching your teeth at the beginning of the treatment.

In the case that there is friction in the mucous membranes, your dentist will make the necessary adjustments. The device should not be painful (cheeks lips, tongue, gums).

7-INDICATIONS FOR THE DEVICES

Children and Adolescents:

The devices are used to treat all sorts of dysmorphoses. Please note that the devices are used by choice for both hygienic and aesthetic purposes.

Adults:

The devices are accompanied by prosthetic work to better the position of the teeth, to treat functional and muscular anomalies, and to rehabilitate neuro-vegetative vital functions (breathing through the nose taste, mastication, phonation). Please note that the presence of implants does not interfere with the use of the device.

The device can be associated with a treatment of a fixed appliance used to rehabilitate the neuro-vegetative functions.

8-WARNINGS

Adults:

You must wear a different device to solve the problem if:

- You have loose teeth (especially the upper and lower incisors).

- You have an incisor (upper or lower) that is longer than others.

- You have pain in the temporomandibular joint.

Children:

There are no warnings for children.

Particular Situations:

In the case of a cold, and your nose is completely blocked, it becomes difficult to wear the device however, if you can successfully wear the device, it will stimulate nasal breathing and will help ease the course of your illness.

If there is a loose tooth, you may experience temporary discomfort while wearing the device, until it falls.

9-MAINTENANCE

The quality of the materials used in the construction of the device and its casing allow for easy and efficient maintenance. You can rinse the device in water, clean it with a toothbrush and toothpaste, or soak it in mouthwash or in hot water. None of these methods will alter the device.

10-DURATION

To ensure progress in the treatment, it is necessary to replace your device with another one once you've received the desirable results as determined by your dentist.

During your active treatment, this replacement will generally occur after about 4-6 months; however, it is possible to differ replacement for a few months if you have had difficulty wearing your device at night or completing your exercises regularly.

At the end of your treatment, you may keep your device for 12-18 months. If you sense that the efficiency of your device has diminished, feel free to contact your dentist.

Please note: Your dentist is the only person qualified to determine if you need to change your device based on the results in your mouth. It would be detrimental to the treatment to change the device too soon based on accelerated results.

11-DISPOSAL OF DEVICES

The materials used are not recyclable. It is important to place our old devices and/or their casings in the garbage.

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