MYOFUNCTIONAL ORTHODONTIC RETAINER

myo Retainr® HARD

USE FOR ONE HOUR EVERY DAY AND WHILE SLEEPING

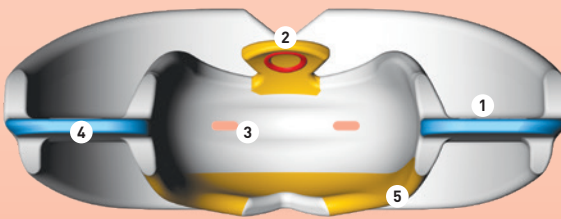
For use after orthodontic treatment

WORLDWIDE PATENTS, FOR MORE INFORMATION VISIT MYORESEARCH.COM

Myoretainr® Hard

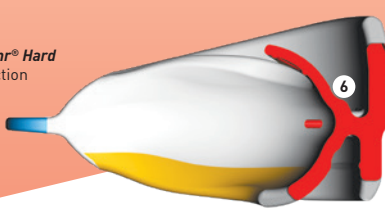
The *Myoretainr® Hard* is a firm prefabricated appliance designed to be used as a retainer after orthodontic treatment. The appliance can be used on its own or in combination with bonded lingual retainers. It has features that not only help to hold the teeth in their aligned position but also improve breathing and oral muscle issues, which further improve retention. Due to its durability, the *Myoretainr® Hard* provides the best retention and realignment performance but may be less comfortable for some users.

Myoretainr® Hard – Design features



1. **Tooth channels** align and retain the anterior teeth.
2. **Tongue tag** guides the tongue upwards and forwards into the correct position.
3. **Breathing holes** encourage and establish nasal breathing.
4. **Thin base** settles and maintains the bite.
5. **Tongue elevator** lifts the tongue into the correct position.
6. **Retainer cutouts** accommodate bonded retainers.

Myoretainr® Hard
cross section



Directions

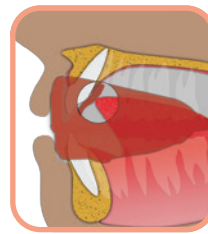
The *Myoretainr*® can be used overnight only while sleeping, however, for maximum effectiveness, it should be worn for one to two hours while awake as well.

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

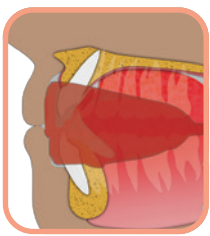
Instructions for use

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

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



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



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

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

Do not chew on your *Myoretainr*®!

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

"Maintaining the stability of orthodontic treatment outcome in the long term is a challenge. Studies have shown that even when a good, well functioning occlusion is achieved, there is a tendency towards relapse. Our results suggest that relapse can be expected after orthodontic treatment irrespective of the use of long term fixed retainers."

American Journal of Orthodontics, Am J Orthod Dentofacial Orthop 2017;151:1027-33.

Once orthodontic treatment is completed, retainers are used to maintain the position of the teeth in good alignment for an extended period of time. Most commonly now, fixed retainers are used on the upper and lower front teeth after orthodontics with braces or aligners. However, if you are a mouth breather or have incorrect swallowing habits, the dental alignment and the arch form may still relapse over time due to these habits.

The *Myoretainr*® can be used by itself instead of using fixed retainers or over the fixed retainers to prevent this relapse and also help with correction of your mouth breathing and incorrect tongue and oral muscular habits.

Used for one hour per day plus overnight while sleeping. If your teeth appear to be moving back to their pre-treatment position, visit your orthodontic or dental practitioner to seek advice.

Cleaning your *Myoretainr*®: Run your *Myoretainr*® appliance under warm water every time you remove it from your mouth and allow it to dry. 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.

At the first signs of appliance cracking, damage or discolouration, speak to your health practitioner.

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

CE MD

1 SINGLE PATIENT MULTIPLE USE

KEEP OUT OF DIRECT SUNLIGHT

NON STERILE CLEAN BEFORE USE