

**IMPROVE FACIAL
AND DENTAL
DEVELOPMENT**
Mixed Dentition



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



THE PRE-ORTHODONTIC
TRAINER
FOR KIDS

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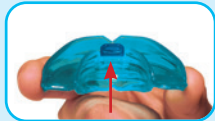
Directions for use

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 of treatment. This is normal but if soreness becomes excessive, decrease T4K® application time, then increase to normal use when tenderness has passed.

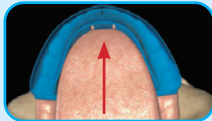
Do not chew on the T4K®!



Step 1 – Hold the T4K® with the tongue tag facing up.



Step 2 – Place the T4K® into your mouth.



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

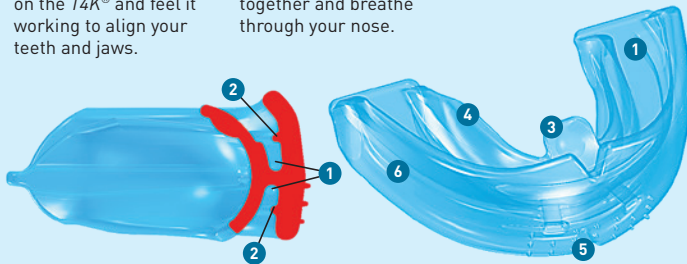


Step 4 – Close down on the T4K® and feel it working to align your teeth and jaws.



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

Your doctor may vary these instructions for different treatment plans.



Trainer tips for parents

- Your child must persevere with use while sleeping if the T4K® falls out due to tongue thrust or mouth breathing. Incorrect habits must be corrected, and once the T4K® stays in all night your child has succeeded.
- Your child's mouth should be closed most of the time i.e. emphasise keeping the lips together when the T4K® is in place. When the T4K® is out of the mouth, the lips should be lightly together and the child should breathe through the nose.
- Remind your child to have their tongue tip in the approximate position of the tongue tag even when the T4K® is not in use.
- Use for a minimum period of six to twelve months.
- If overnight use is not possible, increase daytime 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® design features

Tooth guidance system

Moulded to front of the T4K® (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.

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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 (the *Myofunctional Effect[™]*). 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 your T4K[®]: Run your **T4K[®]** 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 UNDER THE SUPERVISION OF AN ORTHODONTIST OR DENTIST.

Lifetime use: 6 months based on everyday wear. Replace after 12 months regardless of wear time. At the first signs of appliance cracking, damage or discolouration, speak to your health practitioner.



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MYOFUNCTIONAL RESEARCH CO.
INNOVATIVE DENTAL APPLIANCE TECHNOLOGY AND EDUCATION



SINGLE PATIENT
MULTIPLE USE



KEEP OUT
OF DIRECT
SUNLIGHT



CLEAN
BEFORE USE