

MYOFUNCTIONAL ORTHODONTIC RETAINER

myoRetainr[®]

for ALIGNERS

USE FOR
ONE HOUR
EVERY DAY
AND WHILE
SLEEPING

RA

Use in conjunction with clear aligners or retainers

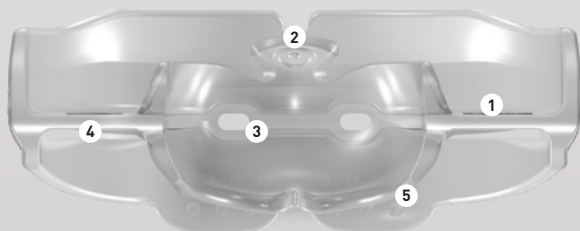
WORLDWIDE PATENTS, FOR MORE INFORMATION VISIT MYORESEARCH.COM

Myoretainr[®] for Aligners (RA)

The *Myoretainr[®] for Aligners* is made from soft silicone material and is specifically designed to fit over clear aligners during orthodontic treatment or retention to correct breathing, tongue and lip habits that prolong treatment and cause relapse after treatment when retainers are not used regularly or lost.

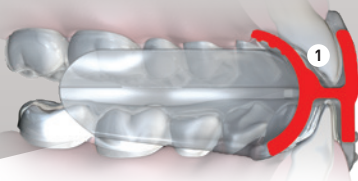
The *Myoretainr[®] for Aligners* can assist in the correction or maintenance of the correct Class I jaw position.

Myoretainr[®] for Aligners – Design features



- 1 Tooth channels** widened to allow the extra space for clear aligners.
- 2 Tongue tag** guides the tongue upwards and forwards into the correct position.
- 3 Breathing holes** encourage and establish nasal breathing.
- 4 Thin base** to optimise bite with clear aligners.
- 5 Tongue elevator** lifts the tongue into the correct position.

Myoretainr[®] for Aligners
cross section
showing fitting
with clear
aligners in place



RA

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.

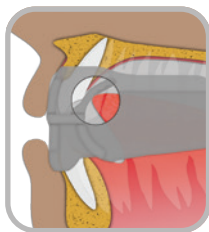
Instructions for use



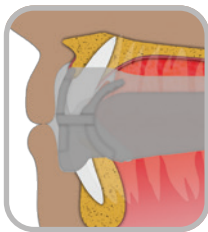
Step 1 – Hold the *Myoretainr*® with the tongue tag facing up.



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*® but do not clench or chew on it.



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.

Mouth breathing and oral habits can be contributing factors to the causes of orthodontic problems and are often not addressed during treatment. This can cause treatment to take longer and relapse during or after the retention period.

Many adults experience relapse and explore re-treatment options with clear aligners as a result. The *Myoretainr® for Aligners* is specifically designed to fit over clear aligners and do three things:

- Correct mouth breathing to nose breathing
- Correct tongue rest position and function
- Correct misaligned jaws

Used for one hour each day plus overnight while sleeping in conjunction with clear aligners or vacuum-formed retainers, it can speed up treatment and be used in retention to improve stability.

Use according to the instructions from your practitioner.

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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**MYOFUNCTIONAL
RESEARCH CO.**

INNOVATIVE DENTAL APPLIANCE
TECHNOLOGY AND EDUCATION



SINGLE PATIENT
MULTIPLE USE



KEEP OUT
OF DIRECT
SUNLIGHT



CLEAN
BEFORE USE