

**ASSISTS
CORRECTION**
before and
during braces

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



TRAINER FOR BRACES
Class II

www.myobrace.com

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DIRECTIONS FOR USE

USE THE T4B2™ FOR ONE HOUR EACH DAY AND AT NIGHT WHEN ASLEEP

Use the *T4B2™* while studying, reading, watching TV, using the computer or even while working. It is best to start using the *T4B2™* 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 *T4B2™* will reduce this trauma and discomfort.

- The *T4B2™* can be used before orthodontic treatment to **improve jaw development**, and decrease the need for the more complex treatments.
- The *T4B2™* can be used during upper fixed braces to **align the jaws**, while the braces align the teeth, and in some cases can decrease the need for lower braces. The *T4B2™* can also be used in combination with other orthodontic appliances.

T4B2™ DESIGN FEATURES

JAW POSITIONING

- ① **Correct Jaw Position** is produced when in place. The combination of preventing tongue thrusting and changing mode of breathing assists Class II correction.
- ② **Aerofoil-shaped Splint** reduces TMJ symptoms by decompression of the temporo-mandibular joints.

③ BRACES PROTECTION SYSTEM

Braces Channels to accommodate upper brackets and orthodontic archwire, and to protect cheeks and gums.

MYOFUNCTIONAL EFFECT™

- ④ **Tongue Tag** for the correct positioning of the tongue tip as in myofunctional and speech therapies.
- ⑤ **Tongue Guard** stops tongue thrusting when in place and encourages you to breathe through your nose.
- ⑥ **Lip Bumpers** discourage lower lip muscle activity.

Use every day while watching television, exercising, and doing homework, plus overnight while sleeping.

TRAINER TIPS

The *T4B2™* is designed to correct myofunctional habits by re-training the muscles of the mouth and face while assisting in the alignment of teeth and jaws.

- The *T4B2™* may fall out during the night due to tongue thrust or mouthbreathing. Persist with using the appliance. If overnight use is not possible, increase daytime use.
- Ensure you use the *T4B2™* on a regular, daily basis. Try and establish a routine of use. Use for the duration of your orthodontic treatment, or as directed by your dentist or orthodontist.
- Emphasise keeping the lips together when the *T4B2™* is in place.
- Keep your tongue tip in the approximate position of the tongue tag even when the *T4B2™* is not in use.

DO NOT CHEW ON THE T4B2™



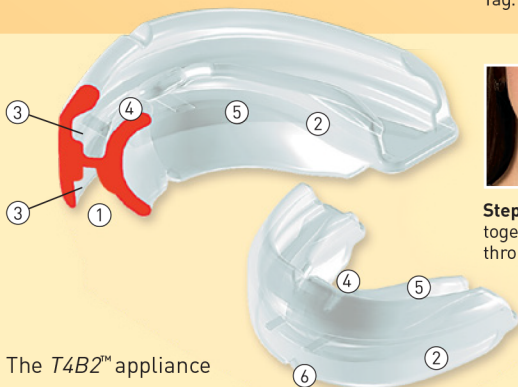
Step 1: Hold *T4B2™* with Tongue Tag up.



Step 2: Place *T4B2™* into your mouth.



Step 3: Keep tongue positioned on Tongue Tag.



The *T4B2™* appliance



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

INDICATIONS FOR USE

The *Trainer for Braces™* Class II Correction (*T4B2™*) 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.

The *T4B2™* is designed to be used before and during braces to help correct the alignment of the upper and lower jaws. The combination of habit correction and jaw alignment of the *T4B2™* improves orthodontic treatment time and stability.

Cleaning the *T4B2™*: Clean your *T4B2™* under warm running water every time you remove it from your mouth.

Use *Myoclean™* tablets to correctly clean twice every week.

Ask your doctor about *Myoclean™*, the recommended cleaning agent for all *MRC* Appliances.

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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INNOVATIVE DENTAL APPLIANCE
TECHNOLOGY AND EDUCATION

Single Patient Use.

