

**CELEBRATION DENTAL GROUP  
ORTHODONTICS  
(407) 566-1669**

**BIONATOR INSTRUCTIONS**

Your new bionator is an important part of your orthodontic treatment, and with a little patience and cooperation its use and maintenance will become a natural part of your daily activities.

Your bionator is a specially designed orthodontic appliance that has been custom-made in a dental laboratory to fit your mouth and your mouth only! In other words, don't let your sister, friends, or dog use your bionator. Also, only wear the bionator the way the doctor showed you—doing otherwise might damage the bionator and possibly injure you.

Your bionator is going to take some time to get used to—so don't give up! The first thing you will probably notice is that the appliance feels awkward and you have trouble talking. Have no fear! Your mouth will soon adjust to the bionator and you will be talking almost as easily with it as without (much to your mother's dismay). Also, that new mouthful of saliva will begin to dry once your mouth realizes the bionator is not food and will be sticking around for a while.

When the bionator is not being used, it belongs in its case. **EITHER IN YOUR MOUTH OR IN THE CASE AND NO WHERE ELSE !!!!!** This insures that the bionator is not lost, thrown away, or chewed by the dog (they love these things).

**Wear and Break-In:**

**First Week:** Wear the bionator for two (2) hours each evening concentrating on getting used to talking while wearing it.

**Second Week:** Wear the bionator for two (2) hours each evening and all night while you sleep. This should give you about 10 to 12 hours of wear each day.

**Third Week:** *Add two (2) more hours of wear to your Second Week schedule.* This should give you about 12 to 14 hours of wear each day.

**Fourth Week:** *Add two (2) more hours of wear to your Third Week schedule.* This should give you about 14 to 16 hours of wear each day.

**Fifth Week:** *Add two (2) more hours of wear to your Fourth Week schedule.* This should give you about 16 to 18 hours of wear each day. This week gets you to the maximum wear goal of *eight (8) hours during the day and all night while you sleep.* The wear does not have to be continuous; so, you may want to switch to wearing the bionator all day at school, taking a break after school, then putting it back in before bed. Whatever you decide, it is important to wear the bionator a total of 16 to 18 hours each and every day.

**Care:**

To keep the bionator clean, brush it *every day* with toothpaste or baking soda, just like you brush your teeth. Rinse the bionator with cool or lukewarm water. Never use hot or boiling water on the bionator as it causes damage. Also, you can periodically soak the bionator in denture cleaner (like Efferdent) to get it really clean.

**Problems:**

As noted above, the bionator will cause an increase in saliva, but that will slow as you follow the Break-In schedule. The bionator may cause redness in front of and behind the lower teeth. This is also normal unless ulcers form. If ulcers form, stop using the bionator for 48 hours and periodically rinse with warm saltwater. If ulcers reappear, call the office.