

Sagittal Retainer Instructions

1. **Most Importantly:** The Sagittal retainer must be placed and seated completely down on the teeth and gingiva at all times. **DO NOT BITE THE SAGITTAL INTO PLACE.** The first time you bite it into place the Sagittal **IS BENT!**

2. The appliance is seated by using the first finger of each hand or the first two fingers of one hand. Press down on the inside plastic using one finger and at the same time press down on the wire clasp with the second finger. Make sure it goes all the way down especially after screw turns are completed. 3. **No tongue gymnastics.** The Sagittal retainer can be displaced with the tongue very easily. Bad habits come easy. The retainer will be adjusted to grip onto the teeth. It will lose some of its grip over time in normal wearing however; tongue flipping will cause looseness in a hurry. Flipping the Sagittal often causes sores.

DO NOT FLIP IT WITH YOUR TONGUE!!!!

4. Sores that occur hurt! If this happens, back up all three screws one turn. Keep the Sagittal in and call the office, keep the retainer in at all times. These sore spots hurt. We need you in the office to see the exact spot to adjust.

5. Brushing is the only time the Sagittal is out of your mouth. Brush the appliance, your teeth, and your gingiva for **TWO** minutes as we have instructed.

Date	Turned	Date	Turned	Date	Turned	Date	Turned

SAGITTAL ACTIVATION INSTRUCTIONS

All three screws

Upper **Right** side screw **ONLY**

TURN: **Left** side screw **ONLY** once every four days

Lower **Center** screw **ONLY**

For **1 2 3 4 5 6 7 8 9 10 11 12** Weeks

REMEMBER

Seat the Sagittal completely with your fingers. **DO NOT** bite the Sagittal into place.
 Take the Sagittal out only to brush.
 No tongue gymnastics!