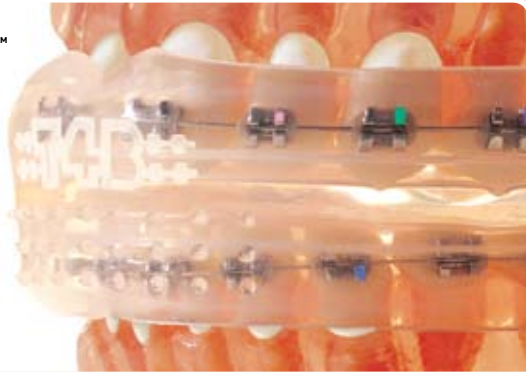


## The TRAINER System™ for braces case study:

T4B™



- T4B™ in place protects the lips and cheeks from irritation and aligns the upper and lower jaws. All appliances in the Trainer System™ also correct the poor oral habits which cause crooked teeth.

T4B2™



- The T4B2™ corrects jaw alignment and improves jaw development. It has higher sides for improved habit correction and a more robust construction for increased jaw development.

## The steps for correct dental and facial development:

- **Lips together** at all times except when speaking.
- **Breathe through the nose**, to assist the development of the upper and lower jaws, and to achieve the correct bite.
- **No lip activity when swallowing**, which allows the front teeth to develop correctly.



**Instructions for use:** The MRC appliance should be used at the start of treatment for 2 months and again in the final stages of treatment before the braces are removed. The appliance must be worn for 2 hours each day and overnight while sleeping. In addition, the patient must follow the simple steps indicated above. And remember to clean your teeth and braces thoroughly after you eat or drink.

## Do you have braces?

## Make your braces more effective and improve comfort.



For more information, visit [www.myobraces.com](http://www.myobraces.com)

1303 ENG 07/11

**IMPORTANT  
INFORMATION FOR  
ALL PARENTS**

PATIENTS AGED  
**12 to 15+** YEARS

## Treatment with braces

Braces are still the most effective way of straightening teeth, however they do not address many of the problems causing the crooked teeth. Most orthodontic problems, particularly crowded teeth and an underdeveloped lower jaw, are caused by habits such as mouth breathing and tongue thrusting. If these habits are not corrected, treatment time in retainers will be increased and once they are removed the teeth can crowd up again (known as relapse). Relapse can occur even with the best retainers.

## How to get the most out of your braces

Myofunctional Research Co. (MRC) was founded in 1989 by Dr Chris Farrell (BDS Sydney) to develop more effective options for children with orthodontic problems. MRC has developed appliances that not only straighten teeth, but treat the underlying causes of crooked teeth by correcting poor oral habits.

Correcting these habits with MRC's appliances allows braces to work more efficiently by reducing the pressure of the tongue, cheeks and lips against the braces. Once these bad habits are improved, more stable results can be achieved in less time.

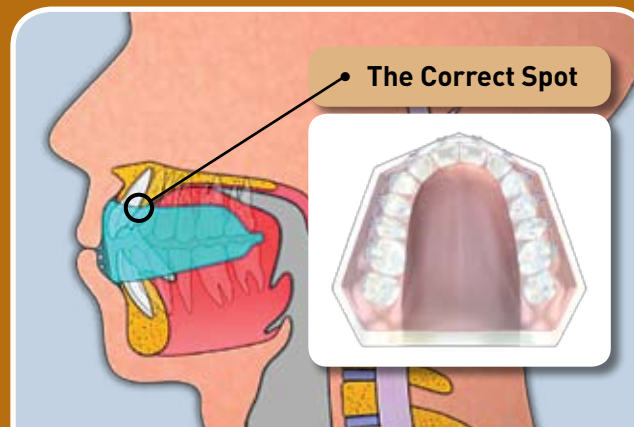
The primary treatment goal is to achieve straight teeth for life – without using long term retainers. Treating the causes of crooked teeth also improves general health and allows children to realise their maximum genetic potential. To assist braces treatment, the MRC appliance must be used on a regular basis for 1 to 2 hours per day plus overnight while sleeping.

## How does the TRAINER System™ work?

The TRAINER System™ for braces comprises of a series of MRC appliances that are designed to work in conjunction with braces to improve jaw development and treat the poor oral habits that can cause relapse. The appliances also improve patient comfort in the initial period when braces are fitted.

All appliances in the TRAINER System™ assist in aligning the teeth and jaws by:

- Teaching the tongue to sit in the correct position in the upper jaw.
- Assisting in correcting swallowing patterns that cause the teeth to be crowded.
- Training the patient to breathe through the nose – an essential for facial development and general health and wellbeing.

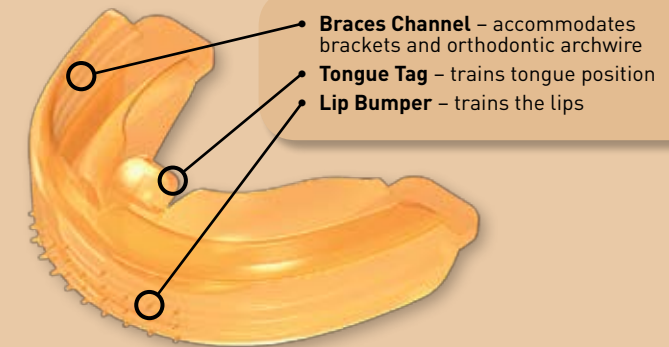


The appliance trains the tongue to sit in the correct spot in the roof of the mouth which maintains the jaw widening achieved by the braces.

The TRAINER System™ for braces – Improves the effectiveness and comfort of braces.

### T4B™ Appliance

Reduces discomfort of the tongue, cheeks and lips and corrects poor oral habits.



### T4B2™ Appliance

Corrects jaw alignment and improves jaw development.

