

we support your adorable smile

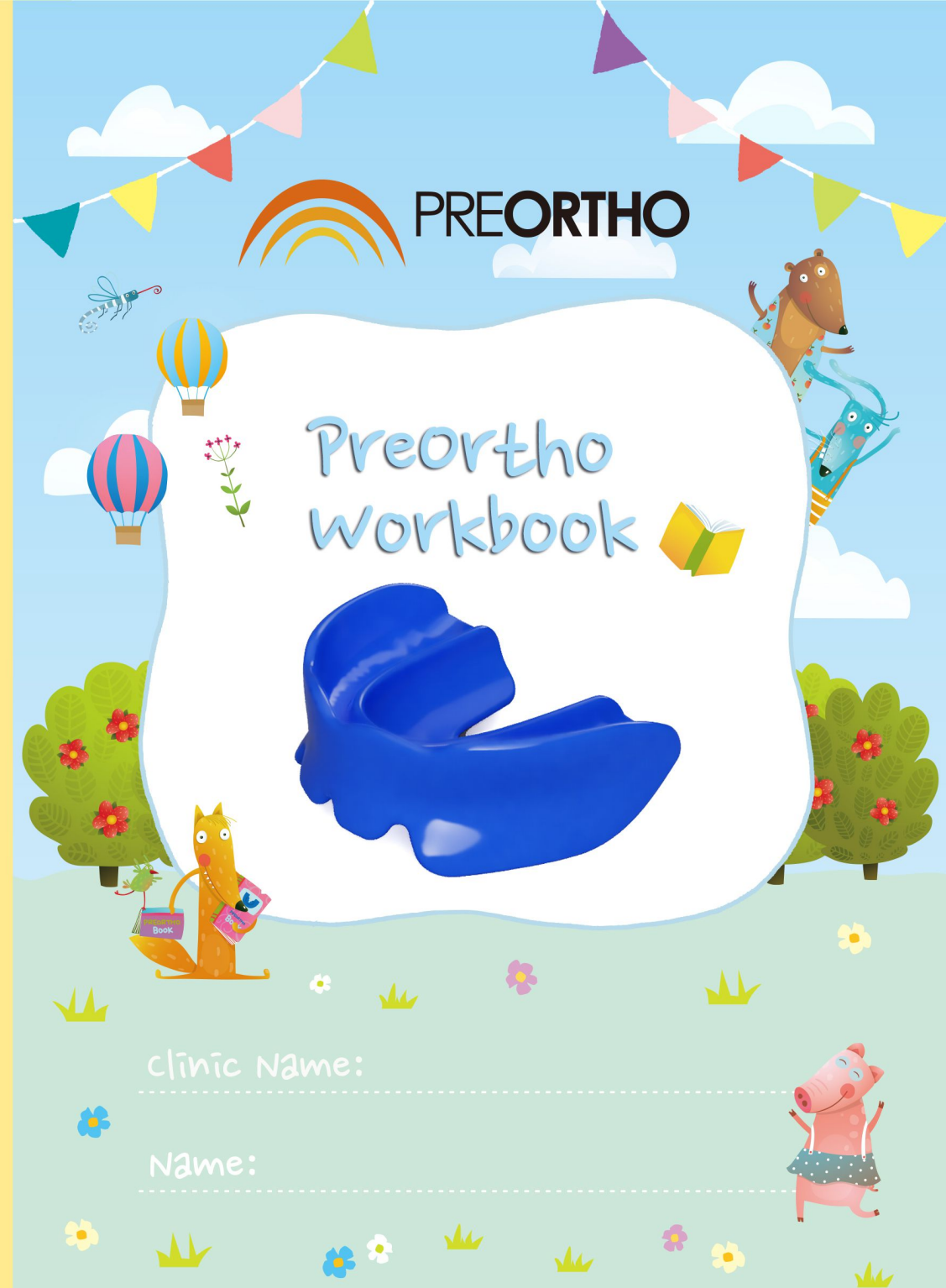


Read the workbook carefully and ask your doctor if you have further question



Download the sticker rally paper from our website

Please visit www.ipreortho.com



clinic Name:

Name:

First of all

Dear my Preortho friends

How did you feel when you opened this book? worry? Excited? Some of you will be worried, and some will be excited.

children from other countries will be looking at this page with the same heart as you. The first thing you worry about is the same for everybody. We made this book so that you can better understand the preortho and you will use every day like a brushing teeth.

Let's use preortho with your parents and doctor's help!

preortho aims for right dentition
and healthy mouth!



Lesson 1

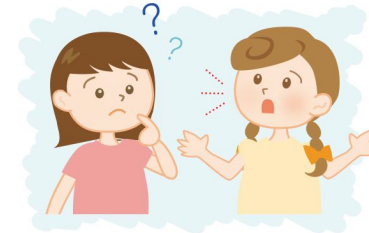
Why do we do orthodontics?

The first purpose of using preortho is to straighten your teeth.

..... If your teeth are
not straight... ..



Easy to get cavities



Not good at pronunciation



can be crooked face

\ would you be so sick when these things happen? /

Now your permanent teeth will grow in place and your jaws are growing, it's the best time to fix your teeth. Moreover, it is possible to practice for healthy mouth before it is too late by preortho. Let's start what we can do from now on so that we continue valuing tooth and mouth even if we become adult!

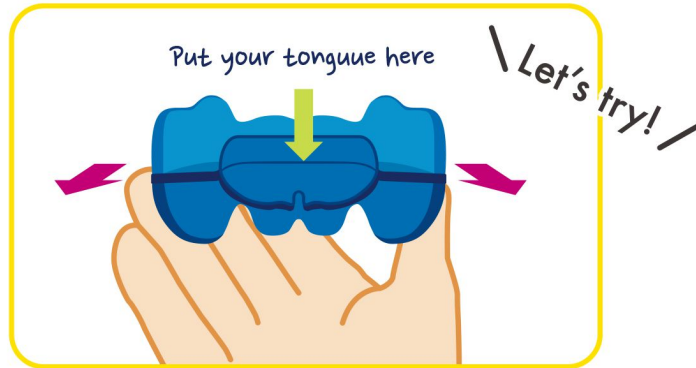




Lesson 2

Let's try Preortho!

Step 1 Place in your mouth in facing towards you



Good!

Put it in your mouth and bite down it lightly.
close your mouth and pull out gently to the side.



Always wear it for **more than an hour every day,**
and when you sleep.



Point

Try to get used to the preortho every day.

If you have feel uncomfortable or pain, please let
your parents or doctor know.

Step 2 Let's try this!

:::: Training with PreOrtho ::::

Let's talk with the preortho
in your mouth.



This is also training your mouth!
You can see more on page 6.

When sleeping with preortho
It's a good idea to put a tape on
your mouth.



use a tape that does not hurt when you
remove it, you can buy it at the pharmacy.

Step 3 Let's cleaning your Preortho

After use, please rinse gently with water.
After that, please rinse with a toothbrush or
a soft sponge using a neutral detergent.



Point

wash with toothpaste or wash with hot water to
preortho, you can scratch or change shape, so just
wash it with water.



Lesson 3

Think about my teeth and mouth

Step 1 Breathing and position of the tongue

Q When you breathe, are you using your nose or mouth?

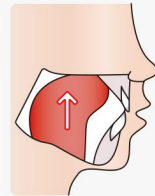
A Keeping your mouth close and breathing with your nose is the right answer.

Point!

The important thing for nasal breathing is the position of the tongue. It's the right place to put it on the **upper jaw "spot"**



close your mouth and
nose breath
Tongue on the **Spot**
Let's remember!



Step 2 Stop these habits



Cup your chin



Sleep on your stomach



Lip bite

Any this kind of habit will give a bad influence on the dentition.

Ask your parents if you have any this kind of habit. If you have any one of them, let's try to stop from now.

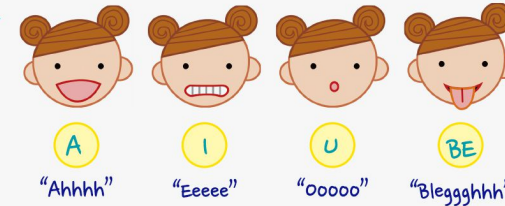
Lesson 4

Mouth Training

Recommended training to make straighten teeth

Step 1 A-I-U-Be Exercise Let's do it with a big mouth.

Slowly



Step 2 pronunciation practice

If the teeth are not straight, "S", "T", "CH" and "SH" may be difficult to pronounce. Let's practice!

Let's try

Street, Shadow, Table, Teeth, Small, Tall...

Point!

You can put your tongue on the spot and pronounce it, **Good!**

It is important to use preortho steadily every day.
use it hard with your parents and doctor.



MEMO

MEMO



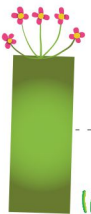
MEMO

MEMO



MEMO

MEMO



MEMO



MEMO



MEMO



MEMO



MEMO



MEMO



MEMO



MEMO



MEMO



MEMO



MEMO



MEMO



Tips for PreOrtho Use

◆ Reading a book



◆ Watching TV



◆ Drawing a picture



◆ Playing a piano



* PreCaution

If you have difficulty using preortho because of severe nasal congestion, ask your doctor first.

Salivation

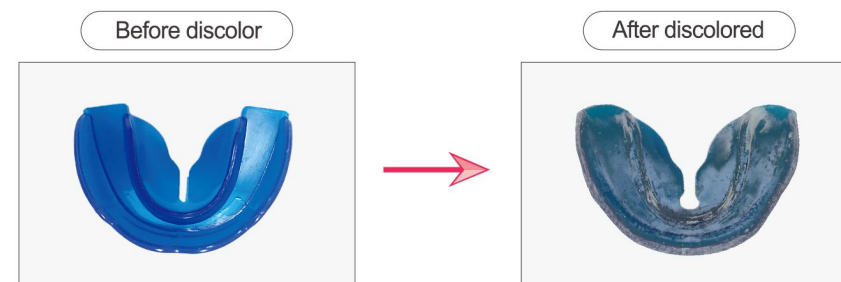
It is very normal for the PreOrtho use to have salivation. It means your child practice and train with PreOrtho properly.

Stiffness / Soreness

This feeling is just a sign that the dentition has just begun to change. Please praise your child what they have tried so far. Also, once you remove the preortho from your mouth, you will no longer feel it.

Change in color

There are also cases where the surface changes to white. This change appears by using it every day. This change in color is unharmed.



Advice

Orthodontic treatment does not change significantly in a short term, parents and children may feel uneasy. However, the dentition is different for each person, and the speed of getting used to a new one is different from person to person. It is important that you and your child work together with your doctor to "continue steadily". It would be a great pleasure to be a Preortho to help you and your children communicate each other, and to help you "build a relationship" with your child, not just for orthodontic treatment and healthy mouth. Do not hurry and keep going.