



GARY M. HOLT, D.D.S., P.C.
personalized orthodontics

Toothpositioner(TP)

Even though your braces have been removed, we are using the TP to get some final, minor movement, to make your smile really pop. You need to exercise with your TP for a minimum of 4 hours per day for at least 30 minutes per time. Exercising consist of squeezing the TP for 30 seconds at half force then relaxing for 10 seconds. Repeat this process for a minimum time of 30 minutes per session.

The TP will also act like your retainer until you get your permanent retainer. Because of this it is very important that you wear your TP while sleeping. Failure to wear your TP as prescribed could result in a relapse of treatment. You worked hard to get a great smile, keep it that way by wearing your TP reliably.