

IMPROVES **COMFORT AND STABILITY** DURING BRACES



**USE FOR  
ONE HOUR  
EVERY DAY  
AND WHILE  
SLEEPING**



**TRAINER FOR BRACES**

[www.myobrace.com](http://www.myobrace.com)

WORLDWIDE PATENTS, FOR MORE INFORMATION VISIT MYORESEARCH.COM

# DIRECTIONS FOR USE

## USE THE T4B™ FOR ONE HOUR EACH DAY AND AT NIGHT WHEN ASLEEP

Use the *T4B*™ while doing homework, reading, watching TV, using a computer or even while playing. It is best to start using the *T4B*™ as soon as braces are first fitted to your teeth. This is when you will experience the most tenderness in the teeth, gums and soft tissues of the mouth.

**The *T4B*™ will reduce this trauma and discomfort.**

During ongoing treatment, the jaw joints (TMJs) can become painful due to tooth movement. The *T4B*™ features an aerofoil- shaped splint which assists TMJ treatment during braces.

**The *T4B*™ is NOT a mouthguard. For sports protection, ask your orthodontist for a *Powrgard*® 4-Braces mouthguard.**

## T4B™ DESIGN FEATURES

### BRACES PROTECTION SYSTEM

- ① **Braces Channels** accommodate brackets and orthodontic archwire, and protect cheeks and gums.

### MYOFUNCTIONAL EFFECT™

- ② **Tongue Tag** helps achieve the correct positioning of the tongue tip.
- ③ **Tongue Guard** stops tongue thrusting when in place and encourages nose breathing.
- ④ **Lip Bumpers** discourage overactive lip muscle activity.

### JAW POSITIONING

- ⑤ **Correct Jaw Position** is produced when in place.
- ⑥ **Aerofoil-shaped Splint** assists jaw development. Correct jaw position is produced when in place by a combination of preventing mouth breathing and tongue thrusting.

**Use every day while watching television, playing games, and doing homework, plus overnight while sleeping.**

# TRAINER TIPS FOR PARENTS

The *T4B™* is designed to make orthodontic treatment more comfortable and effective. It is important that your child understands how important it is to continue wearing it.

- The *T4B™* may fall out during the night due to tongue thrust or mouth breathing. Persist with using the appliance. If overnight use is not possible, increase daytime use.
- Ensure your child uses the *T4B™* on a regular, daily basis. Try and establish a routine of use. Use for duration of your orthodontic treatment, or as directed by your dentist or orthodontist.
- Emphasise keeping the lips together when the *T4B™* is in place.
- Remind the child to have their tongue tip in the approximate position of the Tongue Tag even when the *T4B™* is not in use.
- Clean appliance using *Myoclean™* once or twice every week.

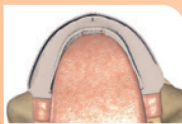
## DO NOT CHEW ON THE *T4B™*



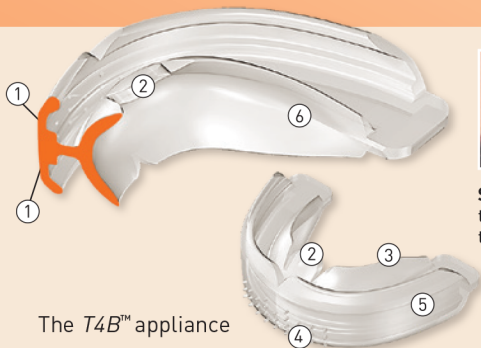
**Step 1:** Hold *T4B™* with Tongue Tag up.



**Step 2:** Place *T4B™* into your mouth.



**Step 3:** Keep tongue positioned on Tongue Tag.



The *T4B™* appliance



**Step 4:** Keep your lips together and breathe through your nose

# INDICATIONS FOR USE

**The Trainer for Braces™ (T4B™) is part of The Trainer System™ by Myofunctional Research Co.**

The T4B™ protects the soft tissue inside the mouth (lips and cheeks) from irritation by brackets and wire—a major cause of discomfort in the initial stages of orthodontics.

In addition, the T4B™ assists in the correction of myofunctional habits that cause the teeth and jaws to develop incorrectly. These include myofunctional habits such as tongue thrusting, incorrect swallowing, and mouth breathing. This improves the effectiveness and stability of orthodontic treatment.

## **The Myofunctional Effect™**

All appliances in *The Trainer System™* are designed to re-train the oral musculature (the *Myofunctional Effect™*). This assists in the correction of tooth and jaw alignment.

**Cleaning the T4B™:** Clean your T4B™ under warm running water every time you remove it from your mouth. Use *Myoclean™* tablets to correctly clean twice every week. Ask your doctor about *Myoclean™*, the recommended cleaning agent for all MRC Appliances.

## **CAUTION: USE ONLY UNDER THE SUPERVISION OF A LICENSED ORTHODONTIST OR DENTIST**

Lifetime use: 6 months based on everyday wear.  
Replace after 12 months regardless of wear time.



**The Trainer System™ by Myofunctional Research Co.**  
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Single Patient Use.



**MYOFUNCTIONAL RESEARCH CO.**  
INNOVATIVE DENTAL APPLIANCE  
TECHNOLOGY AND EDUCATION

