Dear Patient,

You have been fitted with a distractor to aid in the advancement of your maxilla. Under instruction from your physician, the distraction process is an ongoing procedure which requires daily activation with an activation screwdriver. Activation may occur multiple times throughout the day.

Please follow the steps within this guide. Should you have questions or concerns, or if any excessive swelling or undue pain occurs during activation, contact your physician.

Call your doctor right away if you lose the activation instrument as it is necessary to turn the distractor.

Please do not tamper with the distractor because this can interfere with treatment. Avoid activities that can have unexpected falls or contact with the distractor.

Keep the wound area clean during treatment. Maintain good oral hygiene during all phases of treatment.

1. Place the activation instrument on the end of the distractor. Be certain that the activation instrument fits securely over the end of the distractor.

2. Using the marking as a guide, always turn in the direction of the arrow.

3. When turning the distractor with the activation instrument, do not pinch the distractor arm with your fingers. It must be able to turn.

4. It is important to only turn the activation instrument in the direction of the arrow marked on the handle. Turning the activation instrument in the wrong direction (opposite to arrow) can interfere with treatment.

Left side: ____ full rotation(s) ____ time(s) per day.

Right side: ____ full rotation(s) ____ time(s) per day.

Note: Distractor position may vary slightly according to patient anatomy.
### Patient Care Schedule

**Patient's name:**

**Date to start activation:**

**Next appointment:**

**Date to stop activation:**

**Directions to patient:**
1. Fill in the dates on the calendar below starting with the first day of activation through the last day, as instructed by your physician.
2. After you have completed each turn of the distractor with the activation instrument, mark your calendar with an “X” (see example below).
3. Bring this patient care guide with you to each doctor’s appointment.
4. It is important to go to all appointments with your doctor.

If you have any questions, please contact your physician.

#### Month:

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<th>Sunday</th>
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Always turn the activation instrument in the direction of the arrow.