

## Instructions & Home Care for Oral Appliance



To remove: With your fingertips or fingernail, pull on the edges of the appliance.

To Place in Your Mouth: Place the appliance over your teeth in the correct alignment and push into place with your thumbs or forefingers.

To Clean: remove the appliance when you brush your teeth and brush it with toothpaste. For removal of odor and stains, soak the appliance in any of the following solutions on at least a weekly basis. The appliance will absorb the color of any mouthwash if it is not diluted 50/50.

- Mix small amounts of mouthwash with the same amount of water, soak for 20 to 30min.
- Mix 2 tablespoons of baking soda and 1/2 cup tap water, soak for 20 to 30min
- Mix cool tap water and denture cleaning solution, soak for 15min

### Special Notes

When you are not wearing your appliance, rinse it and store it in the case provided to you. Be sure to wear your appliance as directed. It is especially important that you wear it when you are stressed or concentration on something like driving, paperwork, exercising, sleeping, or any physical activity. These times are when you are most likely to grind or clench your teeth.

Try to condition yourself to keep your teeth slightly apart, even when wearing the appliance. RULE: lips together, teeth apart! Rest your tongue on the roof of your mouth where it naturally goes when you say the letter "N". Separating the teeth will help your muscles to relax and reduce the stress on the jaw joints. Exceptions are when you are chewing or swallowing.

You may find that you have more saliva in your mouth. This is your mouth getting used to having something in it all the time. In time this will decrease. You will probably have sore teeth, a sore tongue, and some muscle pain or soreness after first getting your appliance. This is only the muscles and teeth becoming accustomed to the appliance. These symptoms should subside in a few days. If in a week the symptoms do not change, please call.

The best way to learn to speak with your appliance is to start right away by enunciating more dramatically and reading aloud or singing to practice. It may take a few days to become accustomed to speaking with it. Remember, practice makes perfect, and you sound worse to yourself than you do to others. Be careful with your appliance. Keep away from animals and small children. They love to play with the appliance. Try not to drop the appliance as it might break. Never wrap the appliance in a paper towel or tissue and lay it down, someone might throw it away. Don't put it in your pocket, it might break or you may lose it. Avoid flipping the appliance with your tongue, this can cause damage to the appliance and make the muscles in your face sore.

Please let us know of any dental care you may be having done, it can change the fit of your appliance, which may require an adjustment or a replacement. Keeping your mouth open for a long period of time can strain the muscles we are working on. If dental work is necessary, tell your dentist that you are being treated for TMJ dysfunction. Ask your dentist or hygienist to give you a rest every 15 to 20 minutes, at which time you should try to wear your appliance. Also, do not open very wide or allow your jaw to be forced open with a mouth prop, or rubber dam, especially for long periods of time. We also suggest you use moist heat and an anti-inflammatory before and after your dental visits. This will help with any discomfort in the muscles and jaw joint that might occur because of dental work.

**If you have any problems or additional questions after your leave our office, please feel free to call us. We want this to be as pleasant of an experience as possible for you, and we are anxious to assist you in adjusting to this therapy.**