



SLEEP ORAL APPLIANCE CARE AND GUIDE

We ask that you follow the directions below to ensure the longevity of the oral appliance and the effectiveness of your oral appliance therapy.

1. Remember to always brush the oral appliance with a toothbrush and rinse it in cool water after removing it from your mouth. Do not use toothpaste.
2. Remove excess water before storing the appliance in its container, but a moist tissue is recommended as acrylic can become brittle.
3. If needed, soak the appliance in mouthwash to freshen it. Rinse thoroughly when finished, as the appliance will change color to the color of the mouthwash if it's allowed to soak in it for more than a few seconds.
4. Use denture cleanser like Efferdent for soaking appliance to remove build-up.
5. Keep the appliance out of the sun and away from any other source of high heat. To avoid warping, the appliance should NOT be placed in hot water or any other solution for an extended period of time, only for a few moments before you wear it, and only **when given permission by this office.**
6. When not being worn, the appliance should be stored in its case. Appliances can be easily lost and pets (especially dogs) love to chew them. You are responsible for your appliance, please care for them. 😊
7. Remember to always brush and floss your teeth before inserting the appliance.
8. Possible side effects to wearing the appliances are: increased saliva, dry mouth, jaw pain, bite changes and jaw locking. Though jaw locking and bite changes are rare, there may be short periods in the morning where the jaw may be sore. For this, chewing with sugarless gum gently for a few minutes is recommended.
9. Always contact our offices immediately if you have any concerns or questions.