

SLEEP/ORAL APPLIANCE CARE

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.
2. Remove excess water before storing the appliance in its container, but a moist tissue is a good companion.
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 poli-dent 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.
7. Remember to always brush and floss your teeth before inserting the appliance.
8. Special instructions:

If you have a sore jaw, sore teeth or gums in the morning that does not go away in 20-30 minutes, please contact us for an appointment and discontinue wearing the appliance until it has been evaluated.

Please call us with any questions regarding your care at Phone #: _____