



## HOME CARE INSTRUCTIONS FOR ALL ORAL DEVICES OCCLUSAL GUARDS, RETAINERS, ESSIX APPLIANCES, TMJ SPLINTS

### **Instructions to be followed are "as applicable" to the device that has been fabricated for you:**

- Thoroughly Waterpik and brush your teeth prior to using your oral appliance.
- Wet the appliance with water or mouthwash
- Do NOT bite your appliance to place. Use only finger pressure to seat the appliance.
- You may unconsciously remove your appliance at night. This is normal as it may take up to two weeks to become comfortable with the appliance.
- You may notice a slight plastic taste while wearing the appliance. This will quickly self-resolve.
- Initially, if you find the appliance "obtrusive" that might prevent you from falling asleep easily, wear it off and on throughout the day to get more accustomed to the device.
- The oral appliance should primarily be worn while sleeping. If you find that you are stressed and clenching during waking hours, you may use it then as well. But make sure you take it out every few hours for at least 30 mins.
- Never place the appliance in boiling water
- Never attempt to eat with the appliance in place.
- Keep the appliance in the storage container when not in your mouth. Pets love to steal oral appliances! There is a fee to replace a broken, damaged, or lost appliance.
- You may initially experience excessive salivation, difficulty swallowing with appliance in place, sore jaws and or teeth, jaw joint pain, dry mouth, gum tenderness. These will all resolve within a week to 10 days, typically much sooner.

### **Care**

- Upon awakening remove appliance and rinse appliance with **cool - cold water**. Brush all surfaces of the appliance with a toothbrush and an antibacterial foam soap. Rinse clean and leave to dry in the case
- Store your appliance in the storage container. The appliance does not need to be stored in water. Wash your storage container as needed.
- **DO NOT USE TOOTHPASTE TO CLEAN YOUR APPLIANCE.**