

## Care and Use of the AM Positioner

### Use of the AM Positioner:

- It is recommended that you remove the nighttime appliance and wait 10-15 minutes before using the AM Positioner.
- You will be using the AM Positioner for approximately 15 minutes. During this 15 minute period, you will place the appliance over your teeth, close your teeth into the indentations in the appliance, hold them for approximately 5 seconds and then release. Repeat this four times per minute for this 15 minute period.
- During the first five minutes, close your teeth gently into the device. After that, you can close and clench more firmly into the device.
- After using the device for this 15 minute period, close your back teeth together to confirm that your teeth are contacting solidly. If not, use the AM Positioner an additional 10 - 15 minutes, and/or, please contact our office.

### Care and Cleaning of the AM Positioner:

- Clean the AM Positioner daily with a toothbrush and gentle liquid soap.
- When your appliance is not in your mouth store it dry in the case provided.
- **Do not place the AM Positioner in warm or hot water or it will warp.**

### New Dental Work After Your Appliance Has Been Fit:

If you have any new crowns, bridges, implants or large fillings completed after your appliance has been fitted, your appliance will need to be adjusted to fit over the new dental work. After the dental work is completed, please call our office to schedule an appointment to have your appliance adjusted.

**Please call our office with any questions or concerns regarding care or use of your appliance. For example, if you have any jaw discomfort or lingering tooth discomfort, discontinue use of the appliance and contact our office.**

*Helping people achieve quiet restful sleep.*