

Instructions for Care and Use of the Occlusal Appliance

Your occlusal appliance has been precisely fitted to provide a biting surface on which your teeth make even contact. The appliance serves to relieve muscle tension, decrease painful symptoms, protect the teeth and maintain the teeth in their current position. Wearing the appliance will cause one of three things to happen:

You will feel better / You will feel worse / You will feel the same

Whichever feelings you experience will provide valuable information about your condition and direct us to our next step in the process of helping you. Please carefully note your response to the appliance so we may discuss it at your next visit. Follow up appointments are vital to the success of your appliance therapy.

When to Wear Your Occlusal Appliance:

Appliance wear varies depending on the reason the therapy is being applied. If you are unable to wear the appliance as prescribed for any reason, please inform the office immediately. We recommend that you wear your appliance as follows:

- All of the time during the day and night (except eating or cleaning it)
- All night and anytime you are able during the day (except eating or cleaning it)
- All night only (do not wear it during the day)

Care and Cleaning of the Appliance

- Clean the appliance daily with a toothbrush and gentle liquid soap.
- When your appliance is not in your mouth, store it dry (not sitting in liquid) in the case provided. (This is especially important if you have a dog. Some people have had their appliance destroyed due to their dog chewing it.)

If you have any questions or problems, please call the office at:

952-345-0290

www.snoringandsleepapneamn.com