

Device Home Care Instructions

- Brush and floss your teeth before you put in your appliance. You may use lip moisturizer.
- Cleaning: After use, clean the device with a soft toothbrush, cool or warm water, and mild detergent like antibacterial liquid soap or orthodontic device cleanser. Rinse thoroughly and store in a container with air holes to dry. You can also try gently brushing with antibacterial toothpaste in the morning to remove plaque and food particles. Don't use boiling water, bleach, mouthwash, denture cleaners, or abrasive toothpaste, as these can damage the device. You should also avoid using the same toothbrush you use for brushing your teeth.
- Storage: Keep the device in a cool, dry place out of reach of children and pets.
- Start slowly: Try wearing it for a few hours at first, and gradually increase the amount of time you wear it. For example, you can try inserting it an hour before bed on your first use, and then try sleeping with it in if you don't experience pain or sensitivity.
- Relax: When you try it on during the day, relax your body and jaw muscles, and take deep breaths through your nose.
- Practice breathing: If your gag reflex is bothering you, you can try wearing it for short periods while you're awake and practicing breathing through your nose.
- Desensitize your gag reflex: You can also try gently brushing your soft palate each day.
- Adjust your posture: When the device is in, your lips should be together and your teeth apart.
- Do your bite exercises every morning for 5 minutes to prevent any bite changes.
- It is normal to produce extra saliva until your body gets used to the oral appliance. It can take about two to four weeks to adjust to wearing an oral appliance, and your body will likely adapt over time. You might also experience some jaw soreness for a few days when you first advance the device.
- If you have any questions please feel free to call our office at 559.325.8450.