



### **INSTRUCTIONS ON THE USE OF AN OCCLUSAL APPLIANCE**

The occlusal appliance has been designed to protect and stabilize your jaw muscles, joints and teeth. It will help you feel more comfortable and allow healing to occur. The appliance may require periodic adjustments. Contact our office if you have any questions concerning your appliance at 904-264-2483. To obtain the maximum benefit from your appliance, follow these guidelines.

1. Do not bite down on the appliance. Use it as a reminder to keep your teeth apart and the tongue and jaw muscles relaxed.
2. The appliance will take some time to get used to. You must wear it consistently as directed to achieve the desired benefit. If wearing the appliance causes pain, leave it out and call us for an appointment.
3. Wear it at night. Do not wear it for more than 8 hours.
4. Your bite may not feel quite normal in the morning after you remove the appliance. Usually the bite goes back to normal within a few minutes after you remove the appliance.
5. Maintain proper oral hygiene consisting of brushing and flossing to prevent gum inflammation and tooth decay.
6. Wash or scrub the appliance with a toothbrush daily. The appliance can soak once or twice a week in denture cleaner or mouthwash, as long the denture cleaner is not pigmented with coloring that can stain the appliance and the mouthwash does not contain alcohol that will degrade the plastic.
7. When not wearing the appliance, keep it in the case or a cup with water. Excessive heat, such as leaving it in a car on a hot day may cause it to warp and not fit properly. When traveling, do not store the appliance in your luggage. Always take it in your carry-on since luggage may be lost or exposed to extreme heat.
8. Do not attempt to eat with the occlusal appliance in place.
9. Do not store the appliance where animals can reach it. Dogs and cats love to munch on these types of things.
10. If you have not worn the appliance for a period of time it may not fit do to shifting of the teeth. Call for an appointment prior to wearing the appliance again.
11. Bring the appliance with you to dental appointments. The appliance may not fit properly after restorative work is done. We can check the fit and do any adjustments that are needed the day the restoration is placed. There will be a discounted fee for a new appliance if we cannot get it to fit properly again.