

Oral Appliance Home Care Instructions

When should I wear my appliance?

- Wear the appliance at night while sleeping.
 - Wear the appliance during the day **only if** you need acute pain relief **or** if your provider instructed you to do that.
- During the day, use the physical self-regulation techniques to keep your teeth from any unnecessary contact (clenching).
- Do not eat with the appliance in your mouth.

How should I clean and store my appliance?

1. When you are not wearing the appliance, keep the appliance in the container provided. Store in a location away from small children and animals as they have a tendency to use them as play toys!
2. Before storing appliance in its container, brush the appliance with toothpaste to remove any plaque build-up. Plaque will build up on the appliance the same as on your teeth.
3. Store the appliance **dry** in its container. You **do not** need to keep the appliance moist when it is not being worn.
4. Bring your appliance to every appointment so that we can check it for fit.

What may I notice when wearing my appliance?

- You may notice more saliva in your mouth. This will subside in 3-5 days as you get used to the appliance.
- Your teeth may become sore the first few nights of wearing the appliance. This will resolve in a few days.
- If you need to wear the appliance during the day, your speech may become a little slurred. This will also subside in a few days.

When should I contact the clinic regarding my appliance?

Contact the Orofacial Pain Clinic at (734)-936-3940 if you:

- feel there has been a change in your bite that lasts longer than an hour after removing the appliance.
- develop any sore spots in your mouth that do not resolve in two to three days.
- feel that the appliance is too tight or too loose.
- are unable to wear the appliance as directed.
- have any concerns or questions for your dentist regarding the appliance use.

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