



Use and Care for your Oral Sleep Apnea Appliance

Use

- Thoroughly brush and floss your teeth prior to using your oral appliance.
- Do NOT bite your appliance to place. Use only finger pressure.
- You may unconsciously remove your appliance at night. This is normal as it may take up to two weeks to become comfortable with the appliance.
- You may notice a slight plastic taste while wearing the appliance. This will quickly self-resolve.
- The oral appliance should only be worn while sleeping.
- Never attempt to eat with the appliance in place.
- Both the upper and lower components of the appliance must be worn. Do not wear just one component.
- Keep the appliance in the storage container when not in your mouth. Pets love to steal oral appliances! There is a fee to replace a broken, damaged or lost appliance.
- Use the bite exerciser each and every morning.
- Remember potential side effects per the signed informed consent: excessive salivation, difficulty swallowing with appliance in place, sore jaws and or teeth, jaw joint pain, dry mouth, gum pain, loosening of teeth and bite changes. **If you are having a problem with your appliance or pain associated with wearing your appliance DO NOT WEAR YOUR APPLIANCE! Contact the office at 301-468-9760 for an appointment.**

Bite Exerciser

- Place the bite exerciser over your lower teeth. Pull your lower jaw back to engage your upper teeth into the indentations on the bite exerciser. Once your lower jaw is in the correct position gently squeeze your lower jaw together so that your back teeth touch. Repeat this process of gently squeezing your lower jaw together until you feel your back teeth touching. **Use the bite exerciser for ten to fifteen minutes.** You may also use the bite exerciser when taking a warm shower to accomplish this process faster.

Care

- Upon awakening remove appliance and use bite exerciser.
- Rinse appliance with **cold water**. Brush all surfaces of the appliance with a toothbrush and appropriate oral appliance cleaner. It is recommended that you use OAP cleaner per the instructions on the bottle.
- **DO NOT USE TOOTHPASTE** on your appliance.
- **DO NOT SOAK YOUR APPLIANCE IN ANY TYPE OF MOUTHWASH/MOUTH RINSE!!!!**

- Store your appliance in the storage container. The appliance does not need to be stored in water. Wash your storage container as needed.
- Rinse off your bite exerciser daily with cold water only. OAP cleaner may also be used on the bite exerciser. Store with your appliance in storage container.