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Oral Appliance Home Care Instructions

As with anything that produces predictable results, it is important to follow the instructions for wearing your device as stated below.

During dental device therapy, you may become aware of changes either in your bite or in the muscles of the face, head, or neck. Be aware of these changes and write them down as they occur and report them (good or bad). These reports help us to identify any problems with the device and document the progress you are making.

Maintenance of your Dental Device:

1. The device should be brushed with a toothbrush using mild soap and rinsed with water when removed.
2. If your device has a compliance chip, it has a 6 month memory. The chip must be brought in at least every 6 months to be read, or it will stop recording any new data.
3. A high heat source or the sun may cause damage to your device. **KEEP** your device away from **HEAT**.
4. A case is being provided to you for storage of the device. When not using the device it should remain in the storage container to avoid loss or being damaged.
5. You should always floss and brush your teeth before inserting the device.
6. Please keep this device away from any pets. Dogs especially, love to chew on the devices!

If you have any questions regarding your treatment please contact our office at (352) 742-0484