

HOW TO USE AND CARE FOR YOUR APPLIANCE

1. **You should bring your appliance to every dental appointment—especially if you are having fillings or crown work done on your teeth.**
2. After thoroughly flossing and brushing your teeth. Gently position the appliance over the teeth and push into place with your fingers. The final seating of the appliance may be accomplished by gently biting down. **Do not force** the appliance into place as it may break.
3. **Never boil your appliance.** Hot water will dull the finish and warp the appliance.
4. Regularly clean the appliance daily with a toothbrush, soap and cool to warm water. It should be allowed to thoroughly air dry afterward each day.
5. Should you feel more thorough cleansing is necessary, use an over-the-counter denture cleaner without dye. Using products containing alcohol will damage or weaken the appliance.
6. Because the appliance is made of denture acrylic, it will break if dropped or crushed. The appliance should be in your mouth or in its protective case at all times—especially if you have any pets as these are favorite chew toys.
7. The appliance should normally last from 1-5 years with daily use.

WHAT TO EXPECT WHILE USING THE APPLIANCE:

1. Some initial discomfort is normal when the appliance is inserted (similar to wearing shoes that are ½ size too small). This feeling should subside rapidly.
2. Because few people have a bite that is exactly the same with or without the appliance, you may feel that your teeth “don’t fit” when you take it out or feel sensitivity in one or a few teeth in the morning upon waking. These feelings should subside in a matter of a few days with regular use. In cases of spasm relief, healing of the jaw joint can result in bite changes that may necessitate orthodontic treatment to correct. In worst cases, severe bite alteration can require prosthetic care (fillings, crowns, veneers with or without braces) to correct the discrepancy.
3. Occasionally, patients experience excessive salivation during the first weeks of use. This can be helped by placing a towel on your pillowcase at night, and by occasionally wearing the appliance during the daytime hours prior to going to bed.
4. Some initial tendency to clench on the appliance is to be expected, please advise Dr. Bobbitt if this habit continues or if it causes you discomfort.
5. Your appliance includes a sixty (60) day accommodation period during which any adjustment is included. If for any reason your bite feels strange, or you experience pain in the teeth or joints, please contact the office.

Thank you for the opportunity to provide for you care