

DENTAL DEPOT

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Instructions for Sleep Appliance

- 1) Insert with fingers. Avoid biting appliance into place.
- 2) Prior to inserting, warm the appliance by holding under running warm water, unless otherwise instructed. Do NOT place in boiling water.
- 3) Clean appliance with a brush and water. Do NOT use toothpaste.
- 4) Do NOT adjust the appliance prior to your first follow up appointment.
- 5) Adjust the appliance by 1-2 “clicks” every 4-7 days. Unless otherwise instructed.
- 6) If you wake up with pain in your jaw, reverse the appliance 1-2 clicks. Do not advance again until you see your Dentist.
- 7) If moderate tooth pain occurs, make an appointment to have the appliance adjusted to lessen the pressure placed on the tooth or teeth.
- 8) You will be seen 1-2 weeks after insertion, and afterward in incremental time periods. This helps monitor the progress of your therapy, condition of the appliance, and reduce the chance of side effects.
- 9) After taking the appliance out in the morning, wait 20 minutes prior to inserting your AM aligner. Then wear your aligner for 20 minutes. This will help reduce the chance for side effects.

ULTIMATE GOAL: To gain the most benefit out of the appliance by moving as little forward as possible. Remember, IT IS NOT A RACE.

ADJUSTMENT GUIDE

LEFT SIDE

RIGHT SIDE