

Instructions following delivery of your Oral Appliance

We encourage you to wear your appliance a little while before bedtime so you can adjust to wearing it. Also, it is important to wear your appliance even during naps.

Hygiene: Brush and floss your teeth before you put in your appliance. Brush your oral appliance with water after every use with the special brush that was provided using water or toothpaste if preferred.

It is normal to produce extra saliva and experience a dry mouth until your body gets used to the appliance.

Morning Aligner: A custom fit morning aligner has been provided. You have been instructed to wear this aligner every morning after removing your oral appliance until your bite has reset (5 minutes minimum). ***It is extremely important to use every morning to stabilize your jaw joints and prevent changes in your bite.***

_____ The stability of your bite is your responsibility!!

_____ It is your responsibility to advise Good Night El Paso if the aligner breaks or it is lost.

When the AM aligner is not being worn, the bite and jaw may shift.

Morning Jaw exercises: We recommend you perform jaw exercises every morning after aligner has been removed. **You tube links:** <https://youtu.be/UisLAMcozto>
<https://www.youtube.com/watch?v=XBoe7rcQRLA>

Jaw Discomfort: It is normal to experience some jaw pain and soreness in the morning while your appliance is being adjusted. Use warm moist compresses over your jaw. If jaw pain or soreness lingers all day and doesn't go away, please call our office.

Tooth Soreness: It is normal to have soreness for the first 2-3 days. This soreness or discomfort should reside during the day and not linger. This is usually due to the trays being intentionally snug around every tooth. If tooth soreness or pain lingers more than 3 days, the tray may need adjusting to relieve excess pressure. Please call our office.

Keep your Appliance in a safe place: We recommend you keep your appliance secure in the container provided when not in use. We recommend you do not place your device in luggage when traveling. Keep appliance out of reach of any pet (cats, dogs, etc). Factory warranty will not apply. ***Replacement for lost or damaged devices will result in a Replacement fee***

Follow-Up Appointments: Are recommended every 6 or 12 months to check effectiveness of your appliance and evaluate appliance condition.

**** Please note any weight gain, alcohol consumption, sedatives and/or sleeping on your back can increase the likelihood of sleep apnea events. ****

If you have any questions, please feel free to contact our office at 915-294-7485.

Name: _____ Signature: _____ Date: _____