

INSTRUCTIONS FOR YOUR TMJ APPLIANCE

- You must wear your appliance 24 hours a day unless other instructions are given to you.
- Remove it when brushing your teeth.
- Brush the appliance with toothpaste at least twice a day. Denture cleansing tablets may be used in addition to brushing.
- Do not clench your teeth hard into the appliance.
- Speaking and pronouncing certain words will be difficult at first. Practice reading out loud for 10 - 15 minutes each day and you will soon adapt and speak well.
- Changes in the amounts of saliva are also common. After a week or so you will adapt and salivation will return to normal.
- Keep your appliance away from dogs and cats. For some reason they attempt to chew and eat the appliance. Besides damaging the the bite plate, they may be injured.
- When eating, remove your appliance unless you have special instructions.
- When removing your appliance, immediately put it in the special container provided for you, when eating a meal, do not place appliance in a napkin or leave in the dinner table.
- When you remove your appliance, you may notice that your teeth do not meet as usual. This is OK and is to be expected. It means your jaw is finding its proper position.
- Your appliance may not feel comfortable all the time. This is normal and means adjustments will be needed.
- Notify our office if the edges are sharp or uncomfortable but don't be alarmed.
- If the appliance needs to be tightened or loosened, please call us. DO NOT attempt to adjust it yourself.
- Some people actually increase their clenching in the appliance, This is quite normal for about 50% of appliance wearers. This will not alter the beneficial effects.
- Wearing the appliance too long a period of time can shift your natural teeth. That is why it is imperative to keep your appointments and follow your dentist's instructions. If you need the bite plate "long term" you may be required to wear an upper appliance as well. This will prevent shifting of your teeth. DO NOT DISCONTINUE TREATMENT ON YOUR OWN AND CONTINUE WEARING THE APPLIANCE.
- There will be a full charge for lost appliances.
- Take appliances with you to all future dental visits for possible adjustments. Please advise us of any dental visits since the appliance was fabricated.

IF YOU HAVE ANY QUESTIONS ABOUT THE PROPER USE AND CARE OF THE APPLIANCE PLEASE CALL OUR OFFICE