

Homecare Instructions for the Morning Repositioner

Use of the Morning Repositioner:

- It is recommended that you remove the nighttime appliance and wait 10-15 minutes before using the morning repositioner.
- You will be using the morning repositioner for approximately 15 minutes. During this 15-minute period, place the appliance over your lower teeth first, then close your upper teeth into the indentations in the appliance, hold them for approximately 5 seconds and then release. Repeat this four times per minute for this 15-minute period.
- During the first five minutes, close your teeth gently into the device. After that, you can close and clench more firmly into the device.
- After using the device for this 15-minute period, close your back teeth together to confirm that your teeth are contacting solidly. If not, use the morning repositioner an additional 10 - 15 minutes, and/or, please contact our office at (805) 527-2266 or email us at office@kellerdsm.com.

Care and Cleaning of the Morning Repositioner:

- Clean the morning repositioner daily with a toothbrush and cool water.
- When your appliance is not in your mouth, store it dry in the case provided.
- Do not place the morning repositioner in warm or hot water or it will warp.

New Dental Work After Your Appliance Has Been Fit:

If you have any new crowns, bridges, implants or large fillings completed after your appliance has been fitted, your appliance will need to be adjusted to fit over the new dental work. On occasion, if extensive dental work was done, a new appliance may need to be fabricated. After the dental work is completed, please call our office to schedule an appointment to have your appliance adjusted.

Please call our office with any questions or concerns regarding care or use of your appliance at (805) 527-2266 or email us at office@kellerdsm.com