

Homecare Instructions for the Dorsal Appliance

Insertion and removal of appliance

- **Insertion** - place the upper portion in your mouth, press up on the upper portion with both thumbs to ensure that it is seated securely on your upper teeth. Place the lower portion in your mouth. Press down on both sides of the lower portion using your forefingers to ensure it is seated securely on your lower teeth. Once the upper and lower portions are securely seated, bring your lower jaw slightly forward to allow the “fins” to engage. Slowly bring your lower jaw into a closed position and allow your lips to close over the appliance.
- **Removal** - always remove the lower portion first. Place your thumbs on the lower edge of the appliance on both sides and gently push the lower portion upward to remove. To remove the upper portion, place your fingers on the edge of the device and gently pull down in a rocking motion.

First time use

Upon removal of the Dorsal appliance, the jaw, muscles and/or teeth may feel sore. These symptoms usually subside within the first few weeks. Voltaren gel can be applied on sore areas of the cheek as needed to reduce symptoms. It is recommended that you apply a heat pack to both sides of the face for 20 minutes before you insert the appliance. If needed, 200 mg of ibuprofen can be taken an hour before inserting and after removal of the appliance. After several days of using the device, soreness will subside. If pain persists, contact us at the office at (805) 527-2266 or email us at office@kellerdentistry.com

After appliance removal

Morning repositioner should be used after removal of your sleep appliance. Usage instructions are included in this package. Holding the mandible in place will stretch the masticatory muscles back into position. Chewing sugar-free gum immediately after appliance removal may help reduce the duration of the bite feeling off.

General Safety and Precautions

Use of device may cause:

- Clenching
- Sore teeth
- Temporomandibular joint (TMJ) sensitivity
- Increased salivation

Other side effects may include: tooth movement or changes in dental occlusion and/or obstruction of oral breathing.

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Precautions

- Do NOT soak in water
- Do NOT soak in bleach
- Do NOT soak in ammonia
- Do NOT soak in peroxide
- Do NOT soak in mouthwash
- Do NOT soak in denture cleaner

Daily cleaning procedures

- Brush and floss before use.
- Rinse mouth well with clean water before inserting the device.
- If using mouthwash, all traces of mouthwash should be removed by thoroughly rinsing out mouth with water.
- Brush the device carefully with a soft toothbrush and cool water.
- Do not use soap to clean appliance.
- Minimize odor by letting the device dry (not sitting in liquid) during the day in the case provided with the container lid open. (This is especially important if you have a dog. Some people have had their appliance destroyed due to their dog chewing it.)

Storage

Store the appliance in its case after rinsing and allow the device to air dry at room temperature, out of direct sunlight. The lid of the case can be left partially open to facilitate complete drying.

Disclaimer of liability

The appliance is warranted for _____ months with proper care. All warranty claims must include return of the appliance.

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 work has been 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.

IMPORTANT: It may take 2-3 months to determine the most effective jaw position for managing your snoring and apnea condition. We are hopeful that you will notice an immediate improvement in your symptoms. However, it is usually necessary to advance the jaw slowly over a period of time to improve the effectiveness of the appliance and maintain the comfort of your jaw and teeth.