

Homecare Instructions for the Morning Repositioner

Use of the Morning Repositioner:

- It is recommended that you remove the nighttime appliance and wait 5-10 minutes before using the morning repositioner.
- While looking in the mirror, place the appliance over your lower teeth first, then close your upper teeth into the indentations in the appliance.
 - If the teeth are completely embedded in the morning aligner (no gaps visible) and the bite feels normal, you may remove the morning aligner.
 - If the teeth are not embedded into the morning aligner, close your teeth into the device and clench more firmly into the device for 5 minutes, until the edges of the teeth appear completely embedded into the appliance.

Care and Cleaning of the Morning Repositioner:

- Clean the morning repositioner daily with a toothbrush, toothpaste and cool water.
- To remove stains, denture cleaner may be used for 10 minutes. Rinse the repositioner with cool water and allow it to dry.
- 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@kellerdentistry.com