

THERMAL THERAPY HOME CARE

Thermal therapy is an effective method for preventing and relieving facial soreness. The application of heat increases blood flow, relaxes muscles and reduces inflammation.

A hands-free heating source such as a chin wrap is most effective.

- Apply the heat pack to both sides of your face (external use) for 15-20 minutes BEFORE placing the sleep appliance in the mouth.
- Voltaren 1% gel (diclofenac 1%) can be applied (external use) before the heating. A pea size amount is gently placed on the sore areas followed immediately with the thermal heat source.
- In the morning, after removing the sleep appliance, apply Voltaren gel 1% and the heat source for 15-20 minutes.
- Place the AM repositioner (morning aligner) and verify that the teeth are completely embedded.