

HOW TO USE AND CARE FOR YOUR APPLIANCE

1. **You must bring your appliance to every dental appointment—especially if you are having fillings or crown work done on your teeth.**
2. After thoroughly flossing and brushing your teeth, warm your appliance under warm tap water prior to placing it in your mouth. Gently position the appliance over the teeth and push into place. The final seating of the appliance may be accomplished by gently biting down. **Do not force** the appliance into place as it may break.
3. **Never boil your appliance.** Hot water will dull the finish and warp the appliance.
4. Regularly clean the appliance the same way you clean your teeth – with a toothbrush, soap and cool to warm water.
5. Should you feel more thorough cleansing is necessary, use an over-the-counter denture cleaner or mouthwash that does not contain alcohol or color altering dyes. Using products containing alcohol will alter the color and may damage or weaken the appliance.
6. Because the appliance is made of clear denture acrylic, it will distort if not kept moist. The appliance should be in your mouth or stored in water at all times. Should you have to travel, keep the appliance in its protective case. A short period of dryness, at normal temperatures, should not affect the appliance.
7. The appliance should normally last from 1-5 years with daily use.
8. If you have any pets, keep the appliance stored securely as they will tend to find it and chew it making it unserviceable.

WHAT TO EXPECT WHILE USING THE APPLIANCE:

1. Some initial discomfort is normal when the appliance is inserted (similar to wearing shoes that are ½ size too small). This feeling should subside in a few minutes.
2. Because few people have a bite that is exactly the same with or without the appliance, you may feel that your teeth “don’t fit” when you take it out or feel sensitivity in one or a few teeth in the morning upon waking. These feelings should subside in a matter of a few days with regular use.
3. Occasionally, patients experience excessive salivation during the first nights of use. This can be helped by placing a towel on your pillowcase at night, and by occasionally wearing the appliance during the daytime hours prior to going to bed.
4. Some initial tendency to clench on the appliance is to be expected, please advise Dr. Bobbitt if this habit continues or if it causes you discomfort.
5. Your appliance includes a sixty(60)day accommodation period during which any adjustment is included. If for any reason your bite feels strange, or you experience pain in the teeth or joints, please contact the office.

Thank you for the opportunity to provide for you care