



Simple Steps for a Good Night's Sleep With Your Oral Appliance

Home Care Instructions for Sleep Apnea & TMJ Oral Appliances

- Each morning after use, thoroughly clean your oral appliance using a regular toothbrush & non-abrasive, non-whitening toothpaste. Rinse off.
- Dry the appliance completely before placing in storage container.
- Avoid soaking appliance in mouth wash. It can be damaging to the oral appliance.
- Keep your oral appliance out of the reach of children & animals.
- Some tooth & jaw tenderness is normal when beginning treatment & usually in the morning. If these symptoms persist or become painful, contact our office immediately.
- Follow-up care is important. Please be sure to make it to your scheduled follow-up appointments!

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