

Home Care for your Sleep Appliance

The provided Acrylic Appliance is a REMOVABLE, intraoral device which is customized for the individual being treated. The device is designed to reposition the jaw into a forward position. This improves the ability to exchange air during sleep to reduce nighttime snoring and/or mild to moderate obstructive sleep apnea.

PACKAGE CONTENTS:

- Acrylic Appliance
- Protective case
- Allen wrench

DIRECTIONS FOR USE:

1. Brush and floss teeth before putting the appliance in.
2. Place the upper component gently onto the upper teeth (do not bite into place as this may cause distortion.) Press up to ensure that the plate is seated securely and fits comfortably.
3. Place the lower component gently onto the lower teeth. Press down to ensure that the plate is seated securely and fits comfortably.
4. For the first few nights, the appliance should be put in a few hours before going to sleep. This will help the mouth adapt to the appliance faster.
5. If the appliance needs any adjustment contact ASC at (828) 832-8081 for guidance and recommendations.
6. It may take a few nights to become accustomed to the appliance. Some muscle tenderness may occur. If and sever pain occurs contact ASC immediately.
7. The allen wrench may be used to tighten the attachment screws should they loosen over time. This will not affect the way the appliance is positioned in the jaw.

CLEANING:

The device should be cleaned daily using the following instructions. Failure to follow these instructions could result in damage to the device.

- Brush the appliance with a wet toothbrush in the morning and set aside to dry.
- Once the appliance is dry, store it in the provided protective case.
- **DO NOT SOAK THE APPLIANCE**
- Do not use mouthwash containing alcohol or coloring. These products can change the color and strength of the appliance, which could cause damage.
- Do not use any cleaning method that exposes the device to chemicals or warm water.

Contact with an individuals mouth may change the appliance color, taste and smell due to any of the following reasons:

- Lack of hygiene
- Strong aromatic food
- Drinks, such as coffee, tea or soda
- Certain medications
- Smoking
- Gold Crowns

POSSIBLE REACTIONS:

Use of the device may cause any of the following conditions listed below.

- Tooth movement or changes in occlusion

- Gingival or dental soreness
- Pain or soreness to the jaw (Contact Sharon immediately at (828) 832-8081 for an appointment to treat)
- It is normal to produce extra saliva until your body gets accustomed to the sleep appliance.

This appliance is designed to withstand normal forces generated in the mouth. If subjected to abnormal conditions the device may break and become a danger to you. If the appliance should break or feel or look different than when you received it immediately contact ASC for additional instructions.

USE YOUR AM ALIGNER EVERY MORNING AS LONG AS YOU NEED IT

- After removing the nighttime appliance in the morning, wait a few moments before putting in the AM aligner.
- Bite down into the aligner to engage the lower teeth into the indentations of the bottom of the tray. Squeeze the tray for 5-10 minutes or if needed, longer.
- Remove the tray and place inside your container to air dry.

DO NOT SOAK AT HIGH TEMPERATURES OR STORE IN HOT AREAS (i.e. a car) THIS CAN CAUSE DISTORTION OF THE APPLIANCE.

Do not store in water. Keep appliance away from pets.

There may be added therapy to help:

1. APAP, BiPAP, CPAP
2. NASAL CONES
3. NASAL STRIPS
4. NASAL SPRAY
5. HUMIDIFIER
6. ANTIHISTAMINES
7. SURGERY

We would like to schedule follow ups at two weeks, four weeks, three months, six months and a year. At any time the individual feels there is a problem we can schedule an appointment for a follow up.

At the three month follow up we will provide an at home sleep study for a titration study.

If you have any questions or concerns please feel free to contact the office at (828) 832-8081.