

Home Care Instructions for Orthopedic Repositioning Appliance

To Remove: With your fingertips or fingernails, pull up or down on the back outside of the orthotic.

To Replace In Your Mouth: Place the orthotic over your teeth in the correct alignment and push into place with your thumbs or forefingers.

To Clean: Remove the orthotic when you brush your teeth and brush it with your toothpaste. Be sure to support the orthotic evenly while brushing. For removal of odor and stains, soak the orthotic in any of the following solutions, and then brush it again with your toothpaste.

- a) ½ vinegar and ½ cool tap water for 20-30 minutes.
- b) 2 tablespoons of baking soda in ½ cup tap water for 20-30 minutes.
- c) Cool tap water and a denture cleaning solution like Polident or Efferdent for 15 minutes.

Note: Heat will cause your orthotic to warp; therefore, do not use hot water. If the water is too hot for your fingers, it is too hot for your orthotic. Do not leave your orthotic in a hot car or next to a heater, etc. However, as long as your orthotic is in position in your mouth, hot food or drink will not damage it.

Special Notes:

1. When you are not wearing the orthotic, rinse it and place it in an appliance case. Keeping the orthotic wet will prevent change in shape. If unable to moisten the orthotic during the day, simply take a cotton ball and wet with water or mouthwash (not red colored mouthwash) and squeeze it out. Place the splint and cotton ball in your container. This will keep your splint moist for the day.
2. Be sure to wear your splint all the times and remove it only to eat and brush your teeth **UNLESS TOLD OTHERWISE**. It is especially important that you wear it when you are concentrating on something like driving, paperwork, sports, exercising, sleep or any physical activity, etc. These times are when you are most likely to subconsciously grind your teeth. (Remove splint 10-15 minutes before meals to make chewing easier.
3. At all times try to condition yourself to keep your teeth slightly apart, even when wearing the splint. Your teeth should touch only when you swallow or eat. Separating the teeth will help your muscles to relax and reduce the stress on the jaw joints.
4. You may find that you have more saliva or less saliva in your mouth. This is your mouth getting used to an oral appliance. In time this should return to normal.
5. You will probably have sore teeth, a sore tongue and some muscle pain after initial use. This is the result of your muscles and teeth becoming accustomed to the splint. These symptoms should subside in a few days. If in five or six days they do not subside, please call us. (If you develop sores in your mouth, use Zilactin to make an "oral bandage". This can be purchased over-the-counter at most pharmacies.