

Cleaning & Care Instructions for Oral Appliances

DynaFlex Herbst

Please follow the instructions below to properly care for your oral appliance.

Inserting:

Place Ortho rubber bands on if directed by your dentist. It can be easier to place them on before putting the device in your mouth.

Insert both top and bottom appliance together like a sandwich and bring teeth together till they settle into appliance. Press on each appliance and bite together to confirm complete seating.



Removal:

Using your fingers on both sides apply even consistent pressure starting near the back teeth to remove the bottom appliance first → Repeat for the top appliance

Morning After Aligner:

ALWAYS wear the morning aligner for 15 minutes, within 1 hour from removing of sleep appliance. Non-compliance can increase the risk of teeth shifting/or bite and TMJ complications.

Maintenance:

Daily Cleaning Routine

- **Brush and floss:** Before using the appliance, brush and floss your teeth every night to avoid developing buildup, staining or an odor on the appliance, and to reduce the risk of cavities.
- **Remove and Brush:** In the morning, after removing the device, gently brush all surfaces with a soft toothbrush.
- **Use mild dish soap:** Avoid toothpaste or mouthwash which can damage the appliance.
- **Rinse:** Use only cold or lukewarm running water – hot water/temp can damage/warp the appliance
- **Dry:** Thoroughly dry the appliance and the storage case.

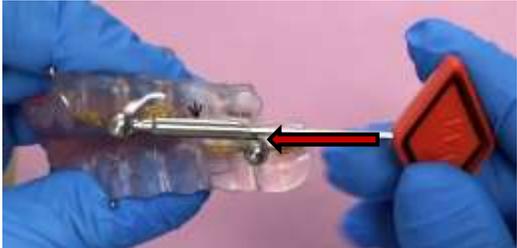
Important Precautions

For additional help, you can reference this [video](#).

- **Keep away from Pets:** Pets love to chew oral appliances. When appliance is not worn, it is recommended to store appliance in its case in a nightstand or bathroom drawer.
- **Avoid Harsh Chemicals/Hot Temp:** Avoid bleach, mouthwash, and heat. Keep out of direct sunlight or leave in hot car. Do not place into a dishwasher. These can cause the appliance to dry/break/warp and no longer be useable/effective.
- **Pain:** If you develop a sore jaw, teeth or gums and the pain does not go away, please contact our office.

Titration Steps for DynaFlex Herbst

- **DO NOT self-titrate (advance the appliance on your own)**, excessive advancement/titration can lead to complications with the TMJ, dental/facial pain, or bite changes. Follow instructions provided by our office.

<p>1. Marking the Key: Using a Sharpie marker, mark one side of the titration key. This will make it easier to track the number of turns you have made.</p>	
<p>2. Locate Adjustment: Identify the adjustment screw/nut on the telescoping arms on both sides of the appliance, and note which side the arrow is pointing for increasing the titration.</p>	
<p>3. Insert the Adjustment Key: Insert the calibration key into the keyhole. Ensure that the key is fully seated/engaged. You will notice that there is some play/movement before the screw actually turns, the titration begins when you first feel resistance.</p>	
<p>4. Turn the Screw: Rotate the key 180° or 360° in the direction of the arrow (→).</p> <p>NOTE: How much to turn and how often will be determined for each patient's case by your dentist.</p>	
<p>5. Equal Adjustments: Ensure the same number of turns are made on both the left and right sides to keep the jaw centered.</p>	<p style="text-align: center;">Repeat</p> 