

Cleaning & Care Instructions for Oral Appliances

Panthera DSAD

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 and mouthwash as these 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

- **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.

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

- **Avoid Harsh Chemicals/Hot Temp:** Avoid bleach, mouthwash, and heat. Keep out of direct sunlight or leave in hot car. Do not place into 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 Panthera DSAD

- **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.

For additional help, you can reference this.

<p>1. Locate Rods: Look for the rod on each side connecting the top and bottom pieces. Make sure that the rods have the same measurement (eg. 29.5)</p>	
<p>2. Position the Appliance: Hold the appliance so it forms an “L” shape. This makes removing the rod easier and prevents damage to the appliance.</p>	
<p>3. Remove the Rod: Gently rotate the rod. Slide it out of the upper anchor slot and remove the rod from the appliance.</p>	
<p>4. Choose the Next Rod: Select the correct next rod size. Confirm that both rods sizes match.</p>	
<p>5. Insert the New Rod: Insert the rod into the lower tray anchor first. Rotate the rod upward and snap it into the upper tray. Push firmly to secure the rod.</p> <p>Note: Make sure the rod number faces inward and the free end points toward the back of the appliance.</p>	

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