

Care Instructions for Oral Appliance

ProSomnus EVO

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 → continue to **Method 1**.

Method 1: Insert both top and bottom appliance together like a sandwich and bring teeth together till they settle into appliance. Press on each appliance then bite together.

Method 2: Insert the top appliance first. Then insert the bottom appliance using finger pressure to confirm complete seating of each appliance, then bite together gently 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

- 1. 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.
- 2. Remove and Brush:** In the morning, after removing the device, gently brush all surfaces with a soft toothbrush.
- 3. Use mild dish soap:** Avoid toothpaste and mouthwash as these are too abrasive and can damage the appliance.
- 4. Rinse:** Use only cold or lukewarm running water – hot water/temp can damage/warp the appliance
- 5. 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.
- **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

- **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. Locate Tray Setting: Find the number on both the upper and lower trays. The number is located on the side hinges.</p>	
<p>2. Identify the Correct Titration Trays: Select the next set of trays based on your prescribed advancement. Remove your current trays and replace them with the new set.</p>	
<p>3. Insert and Check Fit: Place the trays in your mouth. Ensure they fit snugly and feel comfortable. The advancement should feel even on both sides.</p>	
<p>4. Wear and Monitor: Wear at night for several days before adjusting again. Monitor comfort, sleep quality, and any jaw soreness.</p>	