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## Care Instructions for Oral Appliance – MyTAP (Trial Appliance)

We ask that you please follow these simple instructions to ensure the longevity and efficacy of your oral appliance. With proper care and gentle use, oral appliances can be used for several years.

### Inserting:

**Method 1:** Insert both top and bottom appliance together like a sandwich and bring teeth together carefully till they settle into appliance – **do not close hard** to avoid warping/distortion of appliance. Bite together to ensure complete seating.

**Method 2:** Insert the top part of appliance first. Then insert the bottom appliance, using finger pressure to confirm complete seating of each appliance.

### Removal:

Using your fingers on both side 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 morning after appliance for a minimum of 15 minutes immediately after removal of sleep appliance. Non-compliance can lead to shifting of teeth and/or bite and TMJ complications.

### Maintenance:

1. **DO NOT** soak or clean appliance in extremely hot/boiling water, do not place it into dish washer or expose it to hot temperatures. These can cause the appliance to break/warp and no longer be useable
2. **Avoid Harsh chemicals** (Eg Bleach, alcohol, mouthwash) these can affect the integrity of the material.
3. **DO NOT** self-titrate (advance the appliance on your own) as this can lead to complications with the TMJ, orofacial pain, or bite changes. Follow instructions provided by our office.
4. If you develop a sore jaw, teeth or gums and/or the pain does not go away in 10-20 minutes after wearing the appliance, discontinue appliance use and contact our office for an appointment.
5. When not being worn, **keep the appliance in its case and out of the reach of any pets at all times.** Pets love to chew oral appliances, storage in a nightstand or bathroom drawer is recommended.
6. Brush and floss your teeth every night before using the appliance to avoid significant buildup or staining of the appliance, appliance developing an odor, and/or risk of cavities.
7. Each morning, remove the appliance, brush gently with dish soap and water. Rinse and let air dry.
8. If there are stains or buildup on the appliance, over the counter denture cleaning solutions can be used, or bring to our office to have it ultrasonically cleaned (15 minutes)