

CARE INSTRUCTIONS

Occlusal Orthotic Appliances

Obstructive Sleep Apnea Appliances

Brush before and after each use

- Insufficient cleaning of your oral appliance can create an easy breeding ground for the bacteria that causes plaque, tartar and decay because the mouth is less hydrated during sleep.
- To make sure that your oral device is clean every night, brush it (and your teeth) before and after each use.
- Choose a non-abrasive toothpaste and the same soft toothbrush you use for your own teeth. Brush thoroughly over the entire surface of the device.

Store the appliance dry

- When cleaning your oral appliance, one of the most important things to remember is that you should never soak your device for more than 15 minutes. Always store it dry.
- Excessive soaking can wear away at the device, gradually diminishing its effectiveness until a replacement is necessary.
- It is best to brush, dry and store dry your appliance during the day (or whenever you're not sleeping).

Use cool or room temperature water

- Use only cool or room temperature water to clean your appliance. Hot water can dull the finish of the device or cause it to warp.

Choose cleaning products carefully

- We recommend you should brush your retainer with regular toothpaste, peroxide, baking soda or an effervescent denture soak daily or at least 1 – 2 times per week.