

Sleep Grinding Appliance – Post-Op Instructions

General Use

- This device reduces jaw muscle activity (clenching and grinding).
- Make sure your physician approves use if you have medical conditions or take medications that may interfere.
- Inform your dentist of allergies, surgeries, or anything that could cause obstruction if the device were accidentally swallowed.

When to Call Your Dentist

- If you notice anything unusual with your teeth, gums, tongue, or jaw.
- If the device feels loose, uncomfortable, or does not “snap” securely into place.
- If the device chips, cracks, or changes in any way.
- If you have new dental work done – bring the device for evaluation.

Proper Fit & Safety

- The device should fit securely without excessive pressure on any single tooth.
- If you wake up and the device is not in place, sit or stand upright to reinsert it and ensure it cannot be removed with your tongue.
- **If you can remove it with your tongue or it does not lock in place, stop using it and return for refitting.**

When NOT to Use the Device

- If you are sick (cold, flu, congestion) – risk of dislodgment increases.
- If you are drinking anything – always remove the device first.
- If you are eating – never chew with the device in place.
- If you are lying on your back – insert/remove only while sitting or standing.
- If you are intoxicated or taking medications that cause drowsiness or impair judgment.

Care & Cleaning

- Brush and floss before wearing the device.
- Wear nightly or as instructed.
- Rinse with **cool water only** after each use.
- **Never use hot or boiling water** – it will warp the device.
- Soak in denture cleaner to loosen plaque and prevent staining.
- Do **not** use toothpaste or a toothbrush on the device.
- Store it in the provided container when not in use.
- Never attempt to file, adjust, or alter the device yourself.

If Problems Develop

- Call your dentist if you experience sore spots, sensitive teeth, or jaw discomfort.
- Bring the device to all dental checkups for inspection and adjustment.

General Notes

- Your dentist wants your experience to be smooth and comfortable.
- Follow all instructions carefully and contact the office with any concerns.
- You are responsible for costs if instructions are not followed.