



## Patient Wear Instructions for Bondable Orthotics

### **Initial Application:**

Your doctor will secure the Myoaligner® appliance in your mouth using a temporary dental cement. After this is done, you will not be able to remove the appliance until the treatment process is over. You will be able to chew and function comfortably as your appliance begins to move your jaw into the correct resting position.

### **While Wearing Appliance:**

Myoaligner® appliances are designed to cover the tooth partially giving patients access to the gumline with a water flosser or interproximal brush. It is crucial that you maintain good oral hygiene while wearing a bondable Myoaligner® appliance. **Water floss and brush after each meal.**

### **Further Instructions:**

The purpose of this appliance is to maintain a relaxed jaw position during chewing and daily function. In order to break harmful habits of jaw malposition, the appliance will be temporarily cemented to your teeth for the duration of your treatment.

When the appliance is removed, you may notice your back teeth starting to separate. This is to be expected and means the appliance is working. When this happens, the appliance is allowing the jaw to find its proper reset position.

For the first three weeks, make every effort not to strain your TMJ ligaments unnecessarily. While under treatment avoid moving your jaw from side to side, clenching or grinding. Gradually begin to try out these movements. If you begin to feel pain, stop and consult your doctor before trying again. Ideally when your lips are together, your tongue will sit at the roof of your mouth and your teeth should be positioned slightly apart.

### Speaking:

To become accustomed to speaking with the appliance in your mouth, practice reading slowly in front of a mirror. Exaggerate your lip & tongue movements and emphasize each syllable. You may notice an excess flow of saliva for the first few days due to the appliance activating your salivary glands. Do not be concerned, this issue will resolve within the first few days.

### Eating:

It is very important for you to become accustomed to eating with the appliance in place. For the first few days you may want to restrict yourself to a soft diet (eggs, hamburger, chicken, fish, soft cheeses, yogurt, soups, pasta, etc.). Avoid foods such as gum, cough drops, nuts, hard candies, ice and raw vegetables.

### Hygiene:

Practicing good oral hygiene is crucial while wearing your new Myoaligner® appliance. Regularly brush & floss your teeth between meals.

### Sore Spots & Cankers:

Some patients may develop sore spots or cankers on the insides of their cheeks. Please contact us if this happens so we can alleviate the cause of these sore spots.

### Orthotic Adjustment:

If needed, the biting surface of the appliance will be adjusted whenever you come to the office. The goal is to adjust the orthotic to the most relaxed position of your jaw muscles. Be aware that one side of your orthotic may be thicker than the other side. This is intended to balance the position of your bite. When the appliance is adjusted in the office, thin areas may appear, and some particles may break off. Don't be alarmed if this happens, this is an indication that the jaw is finding its proper reset position.

### Dental Procedures:

Dental checkups should be continued as usual. However, a few additional precautions should be taken, which you may share with your hygienist or doctor.

- Avoid opening your mouth too wide
- Support your chin
- Bite on a block during the dental procedure
- Request breaks every 5-10 minutes

### General Anesthetic

If you are undergoing surgery, inform your doctor that you are currently in the process of TMJ treatment. Ask him/her to exercise care and caution in administering the anesthetic both pre and post operation.