



## Patient Wear Instructions for Segmented & Full Arch Removable Orthotics

### To Apply:

- Brush and floss natural teeth prior to re-insertion of appliance
- Carefully match each segment of the appliance to the corresponding teeth
- Apply an even amount of Poligrip adhesive on the inside of the appliance (on the cheek side to avoid excess adhesive from spilling out by your tongue)
- Gently press appliance down over teeth until you feel them snap into to position
- Bite down gently to check fit
- After insertion, remove excess adhesive with the Myoaligner® toothbrush provided to you

**\*Do not brush your teeth with the Myoaligner toothbrush. It is meant to remove excess adhesive only**

### While Wearing Appliance:

*Note\* Never chew with the appliance unless it is securely adhered to your teeth with adhesive*

- Ease into chewing and function
- Brush and water floss after each meal or remove for thorough cleaning

### To Remove:

- Remove carefully by applying even pressure at gum-line
- Clean appliance by brushing all sides with toothpaste

## 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 must be worn 24/7 unless otherwise instructed. If you do take your appliance out, please ensure that you place it back in the Myoaligner® case we have provided you. **Lost segments or full arch replacements may result in a charge at the patient's expense.**

While removing the appliance for regular hygienic cleanings, 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 as long as they do not cause any pain. If this is the case, 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.

Use the recommended dental adhesive to secure the appliance segments in place. This will reduce the chances of movement, fracturing or accidental swallowing of the appliance during function.

### 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 and brush your appliance before re-inserting it to your mouth.

### 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 check ups 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. **Make sure all removable appliances are removed before surgery.**