



## Occlusal Appliance Instructions

Your **Occlusal Appliance** has been precisely fitted to provide a biting surface on which your teeth make even contact. Wearing the appliance will cause one of three things to happen:

**You will feel better / You will feel worse / You will feel the same**

Whichever feelings you experience will provide valuable information about your condition and direct us to your next step. Please carefully note your response to the appliance so we may discuss it at your next visit. Follow up appointments are vital to the success of your appliance therapy.

When you remove the appliance your bite may not feel as if it “fits together”. This is because the muscles and joints have relaxed as the appliance works. In most cases closing and swallowing will return your jaw to the previous position and your bite will fit together again. In very rare cases, the teeth will not fit together after removing the appliance even after repeated attempts. This is always the result of the appliance working as it was designed to – appliances are diagnostic and therapeutic devices that determine the appropriate relationship of upper and lower teeth when muscles and joints are in their most comfortable positions. If you experience this please contact the office immediately.

### WEARING YOUR APPLIANCE

Appliance wear varies depending on the reason the therapy is being applied. If you are unable to wear the appliance as prescribed for any reason please inform the office immediately. Dr. Brady recommends that you wear your appliance as follows:

- All the time day and night including while eating. Remove only to clean.
- All the time day and night. Remove to eat and to clean.
- All night and anytime you are able during the day. Remove to eat and clean.
- All night only (do not wear during the day)

### CLEANING YOUR APPLIANCE

Brush and rinse it gently. If you are not wearing it, store it in the case to prevent loss.

**If you have any questions please call the office at 939-623-4777**

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