



TMJ & Sleep Apnea Center

Your “Night-Time” TMJ Appliance Use & Care Instruction

You have received and been instructed on how to use your Night-Time TMJ appliance. This will serve as a guide for you if you have any further questions.

1. Wear your appliance when you go to sleep at nights and any other time you want to take a nap or snooze.
2. When placing your appliance in your mouth, use finger pressure to push it into place. **Do not bite on it to force it down.**
3. Your appliance is not designed for eating or drinking. Please remove for these purposes.
4. You can clean your appliance with a soft bristled tooth brush and liquid hand soap under running water. You may also soak your appliance in diluted mouthrinse (e.g. Listerine) for a few minutes for a more fresh smell.
5. Staining of your appliance is normal.
6. Bring your appliance with you to your appointments for adjustments and cleaning.
7. The first couple of nights you might wake up finding the appliance is somewhere in your bed! Don't worry. Just keep wearing it as instructed.
8. If you only have a Night-Time appliance, when you wake up in the morning and take it out, you'll find your back teeth will contact each other slightly differently. This is normal. By the time it's time for your lunch, your bite will once again feel normal.
9. Be very thorough with your brushing and flossing to avoid problems such as cavities and gum disease.
10. Store your appliance only in its container. This will help prevent accidentally losing it.
11. Keep your appliance away from pets (especially dogs). They will chew it up just like their toy.
12. If you have any questions do not hesitate to contact us.

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