



TMJ & Sleep Apnea Center

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

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

1. Keep the appliance in your mouth all day long. When placing the appliance in your mouth, do not “bite it into place”. Push it down with finger pressure both on the back and front as was shown to you.
2. Eat your food with your appliance. This is critical. If you do not do this, your treatment will not be effective.
3. Be patient for the first few days when learning how to chew and talk with your appliance. The first 10-14 days will be the most challenging. It is not uncommon to lose some weight during this period of time. Excessive weight loss is not anticipated, nor is it normal.
4. Your appliance will lift up occasionally when you are chewing your food. This is normal. Your appliance can be tightened, but there is a limit. As you get more and more comfortable with your appliance you will learn how to control it in your mouth better.
5. We need to see you in 1-2 days because sometimes the appliance might be “too tight” around one or more teeth which will become painful if neglected. Your appliance also needs to be adjusted to make sure it is working properly. We need to see you in 1-2 days, even if you have no pain or discomfort.
6. Start with the following dietary recommendations: mashed or steamed potatoes and fish for the first several days. As you get more comfortable you can eat chicken and such. As you get more comfortable you can eat steak, pizza, etc. If you are vegan, substitute as appropriate. A blender might be useful to make your meal easier to chew, at least initially.
7. You might bite your cheeks or tongue occasionally. Some of it is controlled by us adjusting the appliance. Some of it is up to you to learn how to chew without traumatizing yourself.
8. Chew in an “up and down” fashion, not a “circular” or “side to side” motion. This will help minimize you biting your cheeks or tongue and help you heal faster too.
9. Clean your appliance with a soft toothbrush under warm water. You may use a small amount of hand soap on a soft bristle brush to clean your appliance. It is not uncommon for your appliance to become somewhat discolored. This really depends on your diet. Tea, coffee, sodas, red wine and the like will cause staining and discoloration faster. Certain foods will also cause this. Your appliance can be cleaned, but it is very hard to get rid of discoloration completely. Also be very thorough with your brushing and flossing to prevent gum disease and cavities.
10. The metal prongs on your appliance may get bent at times or become dislodged. Getting the prong(s) bent will prevent the appliance from sitting the right way in your mouth. Let us know if this happens.
11. When you take your appliance out, place it in its own container. This will help prevent you from accidentally tossing your appliance away.
12. Keep your appliance away from pets (especially dogs). They will chew it up really good if they get a hold of it.

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13. Speaking with your appliance in your mouth might be a bit challenging initially. The best way to get used to speaking normally is to read out loud. Whatever words sound especially funny keep repeating it and your tongue will figure it out.
14. Your appliance has been fabricated with a very strong material; however, it is not impervious to fracture. When taking it in and out of your mouth, take care not to drop it accidentally.
15. When you have your appliance in your mouth, avoid clenching on it. Clenching on your appliance will delay your healing and can potentially crack the appliance over time.
16. If you have any questions do not hesitate to contact us.

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