



Night Appliance Therapy

Patient instructions

1. You are being fit today with an orthopedic appliance. The intent of using this device is to decrease the pain or functional disturbance that you are experiencing. In order to properly evaluate the effectiveness of this device, it is imperative that you comply in every respect with these instructions.
If you find that you are only able to wear this device on a part-time basis or only when convenient, this therapy will not be effective. You must wear the appliance during all sleeping hours unless otherwise instructed.
2. Because this is a foreign object in your mouth there will be an initial adjustment period during which you will become less and less aware of its presence. You may experience an increase in saliva in your mouth, rest assured that this is only a temporary phenomenon. The best way for you to get through this adjustment period is avoid focusing your attention on the appliance and to persist in your efforts.
3. You will find that when you take the appliance out of your mouth in the morning and let your teeth touch, your "bite" relationship may feel different. Don't be alarmed by this. After the appliance has been out of your mouth for several hours you will feel your bite relationship come back to normal.

A brief morning jaw exercise will help this process. Each morning, preferably in the shower, open your mouth as wide as you can, then clench your teeth for a few seconds. Repeat this exercise 5 to 10 times each morning.

4. DURING the initial adjustment period, do not expect immediate or dramatic results. The desired benefits usually take several days or weeks to develop. You may experience an increase in undesirable symptoms or develop new symptoms. For example, it is not uncommon for your teeth to become sore the first few days of appliance use. Note that if any problem persists for more than two weeks you should contact your office.

Be aware that if this appliance is not effective in eliminating your primary symptoms, we may need to modify your appliance or make an additional daytime appliance for you.

5. Avoid clenching (other than for your morning exercises), grinding, or resting your teeth on the appliance. Your teeth are intended to only touch a total of about 2 minutes each day. If you are holding your teeth together, whether an appliance is in place or not, you are greatly increasing the amount of stress placed on the muscles, teeth, and joints throughout the head and neck.
6. Your appliance should be kept clean. You may soak the splint in a denture cleaning product such as Efferdent or Polident, each day. You may use hot or very warm water to dissolve the denture cleaning product but must WAIT UNTIL THE WATER HAS COOLED before putting the splint in the water. Your splint is made of plastic and heat can distort it. While brushing your teeth, lay your splint flat in your hand and scrub it lightly with your toothbrush. This will keep it clean and odor free.
7. Your appliance has been made as thin as possible to reduce bulk in your mouth, therefore it is quite fragile. You should be very careful with it while it is out of your mouth for cleaning etc. There is a charge for appliances that have been lost or broken. For all of you dog lovers, be careful where you lay your appliance. Dogs love to chew on them!
8. The length of time you will be wearing this appliance may vary greatly. It depends primarily on the severity of your problem and how well you heal. Most patients wear a night guard throughout their lifetime. The appliance will require periodic adjustment or replacement.
9. It is very important that you call our office if you feel something is wrong or if you simply have questions about any change in your symptoms. It is not necessary to wait until your appointment if you are having problems.

Please call our office as soon as possible should you have any comfort issues, need further instruction, an adjustment to your appliance or have concerns about treatment.

Our office hours are: Monday-Thursday 8am -5pm

In addition, if you call our office outside of office hours, until 5pm your call will be forwarded to our voice mail.

**After 5PM you can call the doctor's cell phone directly:
Dr. Briesemeister's cell 757-287-0757**