



everlastingSmile

Bite Appliance/ Night Guard/ Hawley Retainer Instructions

- Before using the appliance brush and floss your teeth.
(We tell you to brush and floss your teeth before you put the device in because it is more hygienic. Also if you have any particles of food stuck between the teeth there is a possibility that the device won't fit correctly and when you bite on it you could break it).
- Use the appliance overnight. The first night or two might be awkward to fall asleep wearing the device, but that will get much better as you get used to the comfort of waking up with the muscles deprogrammed.
(If you are having trouble to fall asleep the first night with the device a big glass of red wine could help!:)
- Remove daily for oral hygiene. **DO NOT USE TOOTHPASTE**, since it is abrasive. **DO NOT USE MOUTHWASH** because it has alcohol which can damage the material the device is made of. Brush and rinse the appliance in room temperature water only. Avoid hot water or any heat source since the device will distort from heat.
- When your appliance is out of your mouth put it in your retainer box.
(Not to drop it on tiles/ the device is fragile. Also the device absorbs the saliva and plaque and bacteria while you are wearing it so it has a specific smell that attracts the pets).
- You should not experience additional discomfort, after 24 hours of use. The appliance should not feel tight, produce sore spots, create pressure on the teeth or make them sore, or feel uneven. Otherwise you will not deprogram. If you experience any of these symptoms, please contact our office for adjustment.
- If you bring your device for your routine check ups and cleanings it gets sterilized and adjusted for you at no additional cost. Also for the next 90 days from the day you received the device your adjustments, repairs and cleaning of the device is included. The charge for the adjustment and sterilization done at a separate visit is \$135.00.

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