

Date: _____

Patient Name: _____

NIGHTGUARDS, SPLINTS, NTI AND SNORE APPLIANCES

STORAGE: Appliances should be kept moist at ALL TIMES! You may soak it in a mouthwash/water solution when not worn. If the appliance is not kept moist by being in your mouth or soaked in a case, then it will dry out and may crack. This may cause your appliance to not fit correctly which will result in replacing it at full price. Pets are often attracted to them, so keep them out of reach. When traveling, place appliance in a moist towel inside your case.

CLEANING: Twice daily, clean your appliance with the recommended brush and only use liquid soap such as Dawn, Joy, Etc. Toothpaste is too abrasive and will ruin the acrylic. Once a week soak your appliance in a cleaner that is made for plastic.

MAINTANCE: Every time you have an appointment, please bring the appliance with you. We will check, clean and adjust it at that time. If you notice **ANYTHING** different about the appliance (holes, cracks, etc...) please call our office and make an appointment to have it checked.

HOME HELPERS: Warm moist heat and a soft diet is the best treatment for tense/sore muscles. Wet a towel and put in the microwave for 20-30 seconds then place it on the sore area. You may also use a bed buddy or a buckwheat pillow. A soft diet is also recommended to help relax the tense muscles.

PRESCRIPTIONS: Research has proven that the best pain medication is an Ibuprofen (Advil) and Acetaminophen (Tylenol) rotation. Take two Ibuprofen and in two hours take two extra strength Tylenol. Alternate the Ibuprofen and Tylenol every two hours for three days.

If you have any questions or concerns, please feel free to call Dr. Oser at (817) 431-5514.