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## INSTRUCTIONS AFTER PLACEMENT OF A SLEEP APPLIANCE

What to expect with a new appliance:

1. The appliance will fit tightly around the teeth, which is important for it to stay in place properly. Therefore, you will feel pressure on the teeth. If the pressure from the appliance causes a toothache on any of the teeth, you should call the office as you may need to have the appliance adjusted.
2. It is possible that when you remove the appliance it may feel as though your bite has changed. This is due to a change in the jaw muscle tension and position of the lower jaw. You should be able to close your teeth together normally with one hour after removing the appliance or you can accelerate the jaw realignment process by tightly clenching your teeth for six to ten seconds, five times consecutively with one to three second intervals between clenches.
3. If you experience any headaches or jaw pain after use of the appliance, discontinue wear of the appliance and call our office.