



Your Occlusal Appliance

Your **Occlusal Appliance** has been precisely fitted to provide a surface on which your teeth make even contact. It creates harmony between the natural position of your jaw joints, your muscles, and your teeth as they mesh with each other. Years of stress, grinding, clenching, and wear can take away this relationship and change your “bite.” If you are wearing the appliance because you have sore jaw joints, or because we discovered sore or tender muscles or teeth, one of the following three things will happen: You will feel better, You will feel worse, You will feel no change. While we both hope that you feel better, all findings provide important diagnostic information that will help us determine the appropriate therapy for you. PLEASE take note of what you are experiencing with the appliance so we can discuss it at your next scheduled visit. Contact the office immediately if you feel worse.

When you remove the appliance, you may notice a change in how your bite feels, it may not feel as if it “fits together” the way it did before wearing the appliance. This is always the result of the appliance working as designed. When your muscles and jaw joints begin to find the relationship they were naturally designed for, they realign themselves. In almost all cases, closing and swallowing will activate your muscles and move the jaw joints to the forced position they have assumed over years of wear. Although it is extremely rare, you may not be able to find this forced position created over the years and dictated by your teeth even with repeated attempts. If you experience this, please contact our office immediately.

WEARING YOUR APPLIANCE

Appliance wear varies depending on the reason the therapy is being applied. If you are unable to wear the appliance as prescribed for any reason, please inform our office immediately. We recommend that you wear your appliance:

- ☐ All the time. Remove only to clean.
- ☐ All the time. Remove to eat and to clean.
- ☐ For sleep and anytime you are able while awake. Remove to eat and clean.
- ☐ For sleep ONLY (Do NOT wear during the day)

CLEANING YOUR APPLIANCE

Brush and rinse it gently. If you are not wearing it store it in the case to prevent loss.

If you have any questions call our office at (205) 345-7755

ORTHOTIC INSTRUCTIONS