



WEST MICHIGAN  
**CPAP Alternatives**  
Customized Sleep Apnea Solutions  
————— Dr. Vandervelden —————

## CUSTOM ORAL APPLIANCE THERAPY HOME CARE MAINTENANCE INSTRUCTIONS

During custom oral appliance therapy, you may become aware of slight changes either in your bite and may experience slight soreness in the muscles in your jaw and neck area. Be aware of these changes and write them down as they occur and report them to Dr. Vandervelden. These reports help us to calibrate your device to make it most comfortable and effective. Proper home maintenance of your custom oral appliance will prevent odor and can increase the longevity of your custom oral appliance.

### Home maintenance of your Custom Oral Appliance:

- 1) Each morning your custom oral appliance should be brushed with toothbrush and toothpaste. Rinse with water thoroughly and brush with a clean toothbrush to avoid buildup. Allow to dry fully before placing in case, or store in case with case lid open to allow it to dry.
- 2) To avoid odor, every 4-6 weeks place your custom oral appliance in a solution containing equal parts hydrogen peroxide and water and let soak for 30-60 minutes.
- 3) For more odor protection you may purchase over the counter denture cleaner **Efferdent** and follow the instructions. You may use this product daily, but do not exceed 5 minutes of soaking. Pro tip; morning routine: run custom oral appliance under warm water and scrub with tooth brush, put appliance in travel case, add one Efferdent tab and fill case  $\frac{3}{4}$  the way with warm water, then Brush teeth (with different brush), Floss, and swish with mouth rinse, use morning re-positioner (if needed) until back teeth come together (this should all take about 5 minutes), then remove appliance from case, and rinse both the case and device under warm water. Do not use Efferdent if you have a sulfate allergy. If you have a sulfate allergy, check the contents of the denture cleaner and consider consulting with your Dr. before using.
- 4) A high source of heat can damage your custom oral appliance. Keep the appliance out of the sun and heat.

- 5) A case is being provided to you for storage of your custom oral appliance. When not using the appliance, it should remain in the storage case to avoid being lost or damaged. Keep away from pets.
- 6) Even with regular cleanings, your custom oral appliance might experience discoloration. This is normal.
- 7) When inserting your appliance, DO NOT bite the appliance in place. Place with fingers only! Biting the appliance into place can damage it.
- 8) Use the morning re-positioner each day to verify that back teeth are touching. After you remove your custom oral appliance wait 15 to 20 minutes to allow your jaw to relax, then use your morning re-positioner. Do not use the re-positioner right after removing your appliance in the morning. Your joint space is filled with fluid and it takes time for the fluid to diffuse out of the joint space. If you force your teeth together with the re-positioner right after removing the appliance you can cause joint damage (although this is extremely rare). Use your fingers to seat the morning re-positioner onto lower teeth, then bite down gently. If back teeth are not touching, clench for 5 seconds and release. Repeat until back teeth touch.
- 9) For the first few nights, put your appliance in an hour before you go to bed. You can also wear it off and on during the day as needed to get used to it.
- 10) It is common for your mouth to produce extra saliva until your body gets used to the appliance. This will go away over time.
- 11) It is normal to experience some tooth soreness as you are getting used to your custom oral appliance. If the soreness is general, give it a couple days to subside. If one tooth or one area is sore then it is most likely a fit issue, and we will need to see you to adjust your custom oral appliance.
- 12) If your jaw becomes uncomfortable, start taking ibuprofen for a couple days to help with the inflammation.

***If you have any questions or concerns, please call our office at 616-741-9035.***