

## Patient Instructions: Dorsal & Herbst Appliances

### Instructions for Use

- Thoroughly brush and floss teeth to a clean finish (failure to brush and floss teeth can lead to premature discoloration of appliance). *Discoloration will not affect function or longevity of device*
- **Step 1:** Prior to wearing your appliance please follow the instructions for inserting your appliance properly as described below
- **Step 2:** After removing the appliance in the morning loosely move the jaw around several times and then massage the jaw muscles as described below
- **Step 3:** Reset the bite every morning by following the instructions for resetting your bite as described below
- **Step 4:** Ensure side sleeping by placing a 6 inch diameter or larger bounce ball in a night shirt, see directions below or purchase a Slumber Bump
- It may take a few nights to get used to the appliance. **Some jaw muscle tenderness may occur. If any severe pain occurs, please contact our office immediately.**
- If you regularly clench and grind at night you may continue to have sore jaw muscles for a longer period of time than most.
- Initially, you can expect increased saliva. THIS IS NORMAL.
- After a period of time you may begin to experience dry mouth. For this a humidifier is good, keep it close to your bed in an elevated position. (We recommend Swiss Air – available at Bed Bath & Beyond) You may also consider using an over-the-counter product called XyliMelts which are placed in the cheek at night to keep saliva flowing (available at Walgreens, Walmart and Amazon.com)
- It is also common for the bite to feel different in the morning. Regardless of how it feels, follow the instructions to **reset your bite EVERY DAY.**

### Inserting the Appliance (at night)

1. **Open mouth wide, past the click (if one is present) and then move the lower jaw side to side,** then open as wide as possible and stay open wide while inserting the appliance. **PLEASE WATCH YOURSELF IN A MIRROR** so as not to let the jaw close at all
2. While staying open wide, place the upper appliance onto the upper teeth first, securing it in place with your fingers (do not bite into place). Then place the lower appliance onto the lower teeth and again secure it in place using your fingers
3. Let the jaw close into the forward position

### Resetting the Bite (in the morning)

After removing the appliance in the morning, move the lower jaw around loosely from side to side and massage the jaw muscles. Then:

1. Place your tongue as far back on the soft palate (the top of your mouth) as you can. While keeping the tongue in that position slowly bite as far back on the back teeth as possible and **hold for at least 20 seconds.**
2. **Repeat exercise at least 10 times or until the bite resets.**
3. Use the AM aligner as a reference after doing the exercise to ensure the bite has returned to normal. If the bite still feels incorrect, continue to do the bite reset exercise until the molar teeth bite correctly (normal). **\*Forgetting or ignoring this step can increase the chance of having TMJ pain and/or discomfort and changes in occlusal (bite) function.**

Continued on other side ↓↓

## Sleeping Instructions

Best results are achieved by sleeping on your side. To be certain you sleep on your side, it is recommended that you purchase a 6 inch diameter or larger bounce ball (found in the toy section of Walmart, Target, any toy store or online). Place the ball in a large knee high sock or women's tights (just cut one of the legs off) and pin to a snug fitting night shirt with large safety pins. Position the ball between the shoulder blades, directly on the spine and pin in a vertical position. Or alternatively you may purchase a Slumber Bump online. Each of these methods must be worn every night to ensure that you sleep on your side.

## Jaw Muscle Massage

Using your right hand for the left side and your left hand for the right side (massage one side at a time), place your thumb on the inside of your cheek as far back toward jaw bone as possible, then place your other four fingers on the outside of the cheek positioning your index finger at the opening of your ear and the other 3 fingers just under the ear. **Relax your jaw then squeeze and pull across the masseter muscle in a horizontal movement**, this will relax the masseter muscle. Massage in this fashion for at least 60 seconds on each side. **\*\*Rubbing in a circular motion on the outside of the cheek is not effective\*\***

Use this link to watch a You Tube video of common TMJ exercises and stretches by a specialized physical therapist which are also helpful: <https://youtu.be/SbJZXG4fsd4>

## Cleaning Your Appliance

- Upon removal from the mouth, rinse well in lukewarm water. **Soak the appliance in a container with Polident cleaner for 20 minutes each day**. After 20 minutes, remove the appliance from the cleaner, and brush with a soft toothbrush. Pay particular attention to cleaning the metal components and the fitting surface to ensure that it is free from all scaling deposits. This disinfects and de-odorizes the appliance and increases its longevity. **\*\*Please use only Polident cleaner, do not use soft soap or other cleaners**
- **Dry the appliance completely** and store in the case provided. DO NOT STORE THE APPLIANCE half WET OR MOIST

## Instructions for Turning

- **SomnoDent and Respire Blue Series:** Use the adjustment key to turn the screw in the direction of the yellow arrow (i.e. If the arrow is pointing in the up direction, insert the key into the hole located at the bottom of the arrow and push the key in the up direction until it stops. That is considered one 1/4 turn).
- **Herbst Pink Series:** Use the adjustment key to turn the screw from the – sign toward the + sign. If you are unable to see the + and – signs, hold the appliance like you are going to insert it, turn the right side from bottom to top (or in the up direction) and turn the left side from top to bottom (or in the down direction)
- **I have read and understand the instructions for use of my oral appliance. I have been given the opportunity to ask questions and know that I should call if I have any additional questions.**

Patient Signature \_\_\_\_\_ Date \_\_\_\_\_