

Post-Treatment Instructions

Silent Nite Sleep Appliance

Wear your appliance every night.

Before inserting your appliance:

Brush and floss teeth, then thoroughly rinse the mouth and appliance with clean water.

The first time you use your appliance, you may experience soreness:

Soreness may be felt after using your appliance for the first time and several days after. After several days of using your appliance things should adjust back to normal.

Continual soreness or long term discomfort:

Please call the office

If you are still snoring after several days:

Please call the office

If you experience malocclusion in the morning after removing the appliance:

This is very common for your bite to feel off in the morning

Relax your jaw and massage gently with your fingers.

You will feel your jaw start to relax and your bite will feel back to normal.

Chewing sugar free gum for a few minutes can also help.