

## **Powell Dental Sleep Solutions**

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### **Care and Use of the Morning Repositioner**

The goal of this appliance is to help maintain your natural bite relationship (as it was before treatment started). This device is made in your normal bite and will help to guide your jaw back to its original biting position.

#### **Use of the Repositioner:**

- You will be using the appliance for approximately 15 minutes. During the 15-minute period, you will place the appliance over your upper teeth, then close your teeth onto the indentations in the appliance. Bite down in the indentations for approximately 2 seconds and then release. Repeat this four times per minute for the 15 minute period.
- During the first 5 minutes, close your teeth gently onto the device. After that, you can close and clench more firmly into the device.

**After using the device for this 15-minute period, you should note that your bite will return to normal. If not, please contact our office.**

#### **Care of the Morning Repositioner:**

- Clean the Morning Repositioner daily with a non-whitening, non-abrasive toothpaste.
- Once per week, clean the device with a commercial denture cleaner in cool water.
- When your appliance is not in your mouth, store it dry in the case provided.

**DO NOT PLACE THE MORNING REPOSITIONER IN WARM OR HOT WATER OR IT WILL WARP OR MELT**