

Dental Sleep Therapy (DST)

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Home Care Instructions

As with anything that produces predictable results, it is important to follow the instructions for wearing your device as stated below.

During dental device therapy, you may become aware of changes either in your bite or in the muscles of the face, head, or neck. Be aware of these changes and write them down as they occur and report them (good or bad). These reports help us to identify any problems with the device and document the progress you are making.

Maintenance of Your Dental Device

1. The device should be brushed with a toothbrush and rinsed with water when removed. Dry the device completely before storing in the container.
2. Every 4-6 weeks, disinfect the device in a mix of equal parts water and hydrogen peroxide for 30-60 minutes. Alternately, you may purchase an over-the-counter denture or retainer cleaner (such as Efferdent, Retainer Brite, or Ortho Fresh) and follow the directions on the package. The device should not be soaked in any other solutions, as it may warp.
3. A high heat source or the sun may cause damage to your device. KEEP your device away from HEAT.
4. A case is being provided to you for storage of the device. When not using the device it should remain in the storage container to avoid loss or being damaged by a pet.
5. You should always floss and brush your teeth before inserting the device.

If you have any questions regarding your treatment, please contact our office at (386) 304-1181.