



Oral appliance therapy

Your oral appliance has been specially designed for you to help you achieve desirable results in the treatment of sleep apnea. It's important to note that you may notice changes in your bite, as well as the muscles in your head, neck, and jaw. Be aware of these changes as they might occur and report them to us. This will help us track and monitor your progress.

Caring for Your Appliance

1. During the first week or two, it's a good idea to place the appliance in your mouth an hour before bedtime to help become adjusted to the appliance.
2. It's not uncommon for you to have excessive amounts of saliva the first few nights, so it's a good idea to sleep with a washcloth.
3. Brush and floss as you normally would before inserting the appliance. This helps keep the appliance clean. ***It's always best to sleep on your side or stomach!***
4. When you wake up, use the chewies on both sides of your mouth and bite down for 30 seconds. This will help align your jaw.
5. Cleaning the appliance:
Use a soft toothbrush and soap. **Do not use toothpaste.** Once a week, use the Retain Brite tablets by placing the tablet in a denture cup with warm water and letting it soak for 10-15 minutes. Keep the appliance as dry as possible when storing it during the day. Do not use chemicals or alcohol of any sort.
6. Your appliance is made of a heat-sensitive material. Please keep it out of the sun or away from heat sources so that the plastic doesn't heat up and warp.
7. The appliance should always be kept in the container when not being used and kept away from pets. Dogs love oral appliances!

If you would like there is a downloadable app called Snore labs that can track your progress.

If you have any questions about using your appliance, please text Dr. Gordon at 631-601-4041, or you can reach us by text or phone at 631 581-3500.