



HOME CARE INSTRUCTIONS FOR YOUR REMOVABLE NEUROMUSCULAR ORTHOTIC

1. To properly remove from mouth: Lift both sides of your orthotic at the same time. Lifting one side first could cause it to crack or break.
2. To properly replace into mouth: Center the orthotic over your teeth and push into place with your fingers. **It is very important to not bite it into place.** Be sure to push both sides down at the same time. Make certain the orthotic is fully seated before biting on it.
3. To properly clean the orthotic: Remove the orthotic when you brush your teeth, and brush it with your regular toothpaste. If you need to remove odor and stain, soak the orthotic in any of the following solutions and then brush it again with your toothpaste.
 - A. 2 tablespoons baking soda in 1/2 cup of cold tap water for 20 minutes.
 - B. Cold tap water and a denture cleanser such as Polident or Efferdent for approximately 15 minutes.
 - C. Any type of mouth rinse-preferably a non-alcohol one such as Cloys 11, chlorine dioxide rinse.

Warning: Do not rinse your orthotic in very hot water. It will cause it to warp. However, as long as your orthotic is in position in your mouth, any hot food or drink will not damage it.

4. WEAR YOUR ORTHOTIC AT ALL TIMES AS INSTRUCTED: If instructed to wear while eating, it may take some time to get comfortable doing so. Start with well ground meats and soft vegetables, (i.e. Potatoes), pasta, yogurts and soups. Eliminate hard foods such as peanuts, raw vegetables, candy, gum and ice cubes. This will be an adjustment but can be accomplished with patience and commitment.
5. You will find you may have either increased saliva or a dry mouth until you become accustomed to wearing your orthotic. Please be patient, this will get better.
6. The best way to learn to speak with your orthotic is to "just do it". It may take several days to become accustomed to speaking with it, and it may be helpful for you to stand in front of a mirror to practice enunciating your words slowly. Don't be afraid to slowly exaggerate the enunciation of your words. But remember, you will think you sound different much more than other people will.
7. At all times try to keep your mouth in the rest position, lips together and teeth slightly apart with your tongue on the roof of your mouth. Your teeth should only touch the orthotic when you eat or swallow. The rest position helps reduce the workload on your temporomandibular joints, relax the muscles, and teach you not to clench or grind your teeth.
8. If your orthotic becomes damaged or breaks call our office immediately.
9. If sore spots or canker sores develop inside your mouth, call us so we may eliminate the source of the sores. Warm salt water rinses or Peroxyl rinse can be used until you get to our office.
10. When your custom orthotic is not in your mouth, it should be safely stored in the **Protective Orthotic Box** you were given the day your Orthotic was delivered to you. Do not store it in your pants pocket.
11. **Keep your orthotic away from your pets, (dogs, cats etc.), because they love to chew them!**