



Care Instructions: Oral Appliances

Oral appliances include custom made dental orthotics such as mouthguards, bite splints and oral sleep apnea devices. Your oral appliance is custom-made to protect your teeth, support your jaw, or improve your sleep and breathing. Proper use and care will help ensure comfort, effectiveness, and longevity.

Wearing Your Appliance

- Wear your appliance **exactly as instructed** by your dentist.
- Most appliances are worn **at night while sleeping**.
- It may feel tight or awkward at first—this is normal and typically improves within a few days.
- Mild jaw or tooth soreness may occur during the adjustment period.

Inserting & Removing

- Use **clean hands**.
- Gently seat the appliance into place—do not bite it into position unless instructed.
- Remove slowly and carefully to avoid bending or cracking the appliance.

Cleaning & Care

- Rinse your appliance with cool or lukewarm water after each use.
- Brush daily using a soft toothbrush and mild soap or non-abrasive cleanser.
- Avoid toothpaste (especially whitening toothpastes) unless recommended—it can be abrasive.
- Do not use hot water, which can warp the appliance.
- Store in its protective case when not in use.

Oral Hygiene

- Brush and floss your teeth before inserting the appliance.
- Good oral hygiene helps prevent odor, plaque buildup, and irritation.

What to Avoid

- Do not chew on the appliance.
- Do not expose it to heat (hot water, direct sunlight, or leaving it in a car).
- Do not use bleach or harsh cleaners.
- Keep out of reach of pets—pets love to chew oral appliances.

Follow-Up & Adjustments

- Periodic checkups are important to ensure proper fit and function.
- Bring your appliance to dental visits for evaluation.
- If your bite feels different or your jaw pain increases, contact our office.

Call Our Office If You Experience:

- Persistent jaw pain or headaches
- Tooth pain or shifting bite
- Cracks or damage to the appliance
- Discomfort that does not improve
- Snoring or sleep symptoms that return (for sleep apnea devices)

Questions or concerns? Please call King & Miles Family Dentistry at 812-473-1128.

Proper care and consistent use help your oral appliance work effectively and comfortably.