

**Dental Professionals on Whitesburg  
8315 Whitesburg Drive, S  
Huntsville, AL 35802  
256-883-6770**

### **YOUR OCCLUSAL APPLIANCE**

- 1. Your Occlusal Appliance is a diagnostic, reprogramming and relaxing appliance.**
- 2. The Occlusal Appliance has been shown to help 70% to 90% of the people with your problem. However, you must remember that the appliance only sets up the conditions for healing, and that the body must heal and repair itself. Since the degree of healing and repair are individual characteristics, the relief of the signs and symptoms will vary from partial to total.**
- 3. Except when eating, you should wear your appliance 24 hours a day. You will notice when you first remove the appliance from your mouth for eating or cleaning, that the teeth will contact differently. This is because of the muscle relaxation and the seating of your jaw joints. The teeth are actually interferences with this new path of jaw closure; however, the jaw muscle will quickly adapt and return to the original path of closure dictated by your teeth.**
- 4. Cut all foods into small, bite-sized pieces and avoid opening your mouth any wider than the thickness of your thumb.**
- 5. Do not eat hard crusts of bread, tough meat, raw vegetables, or other foods which will require prolonged chewing.**
- 6. Don't clench your teeth against the appliance or together. Remember to keep "your lips together and your teeth apart".**
- 7. Follow-up appointments will be scheduled to modify your appliance as your muscles and jaw joints relax.**
- 8. Clean your Occlusal Appliance at least twice a day with a toothbrush and toothpaste.**
- 9. After Occlusal Appliance therapy, additional treatment may be required such as occlusal equilibration, orthodontics, and/or restorative dentistry. A consultation to determine what additional treatment and fees will be are given at that time.**
- 10. Professional care is required while you are receiving Occlusal Alliance treatment. If, for any reason, you are not receiving this care, you should not wear your appliance.**