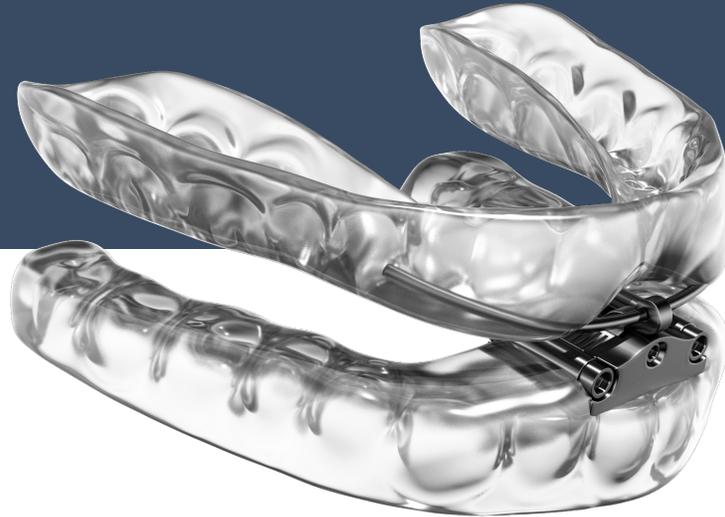


HOME CARE INSTRUCTIONS

How to Take Care of Your Custom TAP At Home



Instructions for the Custom TAP

1. The hook should be set at a comfortable position, usually at 50% of the distance from the jaw being all the way back and forward.
2. Place the upper appliance in the mouth then place the lower appliance.
3. Move the jaw forward to hook the two appliances together.

If your Custom TAP is not in a comfortable position, give us a call and/or dial back to relax the stretch.

- In the morning, rinse device toughly with cold or warm water
- Use soap to help remove saliva from device, this will help from calculus build up
- You can brush around the metal hardware and inside trays
- Allow device to dry with air circulating in box or on counter
- Do a weekly soak for disinfecting of TAP with ½ hydrogen peroxide to ½ water mix. Allow soaking for 5 to 10 minutes ONLY
- Keep device away from heat (example: car and suitcases)
- KEEP AWAY FROM DOGS

If you still snore or have other symptoms...

- With the appliance in place inside your mouth, turn the key to your right (clockwise) ½ turn towards your right ear in order to advance your jaw. You should feel a stretch to jaw /chin.
- If you are holding the appliance in your hand, you will be turning the key left (counter-clockwise) ½ turn which will also advance your jaw
- Do this every night or other night as long as it is comfortable to jaw. Once the snoring and symptoms have stopped, stop adjusting device. If the snoring reappears then start the advancement process again.
- If you experience pain or discomfort, turn the key to the left two turns towards your left ear. (Reduces strain/stretch). If the discomfort continues, stop wearing the appliance until the discomfort subsides. Return the hook to the original starting position and start turning the key to the right ½ turn every other night

Morning Bite Positioner

- Place bite form onto lower teeth, now set bite together, top teeth should fit into the aligner, now clench teeth with pressure so that back teeth contact.
- Hold pressure on back teeth for one minute at a time
- Release and remove aligner, now tap teeth up/down and your bite will feel even as before.
- If it continues to feel off , not even, front hitting more, then repeat steps
- Very important to do the exercise to maintain stable bite

Expectations for a New TAP

At first, keep in mind that anything new in your mouth takes a period of readjustment until the real benefits appear. With time, you will become more and more comfortable with your TAP. If needed, we will continue to make adjustments and monitor the appliance to make sure that you receive the maximum benefit from your TAP. Eventually, you will not be able to live without it!

Possible Side Effects:

- **Teeth:** You may have initial soreness or sensitivity with your teeth at first especially until the correct treatment position is found. This is normal and will improve over time. Your teeth may be slightly sensitive to biting on hard foods for some time. This is nothing to worry about unless your teeth are consistently bothering you.
- **Jaw Joints and Muscles:** Bringing your lower jaw forward to improve your breathing results in a stretch of your jaw muscles and joints. Initially, you may have some soreness in these areas. If so, you can take 2 Aleve or Ibuprofen before bedtime to relieve this discomfort. The discomfort from the stretching of the jaw will get more comfortable as you continue to use the appliance. TAP therapy can be a slow process because it has taken years for your sleep-disordered breathing to arise and affect your health. It can take up to 6 months to gain the full benefits from your treatment.
- **Saliva:** the initial presence of the TAP in your mouth may cause excess salivation. The salivary glands identify anything in the mouth as food and create saliva in order to digest it. As time goes on, these glands will adapt and excess salivation will cease the problem.
- **Bite Changes:** When you remove your TAP in the morning, try to put your teeth back together in your bite. Your teeth may not touch and this is due to the forward position the lower jaw has been in overnight. In order to push the jaw back and to realign your bite, you should first try the AM Aligner. With your TAP, you receive 2-3 beige AM Aligners which register your normal bite. Put the aligner onto your teeth and gently squeeze and release your jaw muscles as you bite into the aligner. Do not leave aligners in your car to avoid melting. Next, you can try sugarless gum which can motivate your teeth to instruct your jaw joint and muscles to resume its original position. If these methods do not work, please give us a call in order to have your bite and the appliance examined.