

## **Care and Use of the AM Positioner**

The goal of this appliance is to help maintain your natural bite relationship (as it was before treatment started). This device is made in your normal bite and will help to guide your jaw back to its original biting position.

### **Use of the AM Positioner:**

- You will be using the appliance for approximately 15 minutes. During this 15 minute period, you will place the appliance over your upper teeth, then close your teeth into the indentations in the appliance, hold them for approximately 2 seconds and then release. Repeat this four times per minute for this 15 minute period.
- During the first five minutes, close your teeth gently into the device. After that, you can close and clench more firmly into the device.

**After using the device for this 15 minute period, you should note that your bite returns to normal. If not, please contact our office.**

### **Care of the AM Positioner:**

- Clean the AM Positioner daily with a non-whitening, non-abrasive toothpaste.
- Once per week clean the device with a commercial denture cleaner in cool water.
- When your appliance is not in your mouth store it dry in the case provided.

**Do not place the AM Positioner in warm or hot water or it will warp or melt.**