

Instructions for Care and Use of the TAP III TL

Care and Cleaning of the Appliance:

- Clean the appliance daily with a non-whitening, non-abrasive toothpaste.
- Once per week, soak the appliance in a commercial denture cleaner (Polident, Efferdent) for no more than 20 minutes, or you may use a dilute bleach solution [one part bleach (Chlorox) to five parts water] for 10 minutes. Then rinse the appliance thoroughly.
- When your appliance is not in your mouth, store it dry (not sitting in liquid) in the case provided. (This is especially important if you have a dog. Some people have had their appliance destroyed due to their dog chewing it).

Insertion and Removal of the TAP III TL:

To insert your TAP III TL, place the upper appliance on the teeth and seat it completely by pressing firmly on the right and left back portions of the appliance. Place the lower appliance on the teeth and press firmly on right and left back portions to seat it. Move the lower jaw forward to hook the upper portion into the plate. Close together to be certain that the appliance is seated completely.

To remove your TAP III TL, place your fingers on the upper borders of the upper splint and press firmly downward, “rocking” the appliance from one side to the other until it releases from the teeth. Then, remove the lower splint by placing your thumbs on both sides of the appliance at the lower borders. Firmly push upwards on one side then the other to “rock” the lower appliance off the teeth. If the appliance is too rigid or retentive, we will need to adjust your appliance at your next office visit to achieve easier removal.

Adjusting the screw mechanism:

Your TAP III TL has been custom made for you and is designed to provide maximum effectiveness. The front assembly and screw mechanism allows you to advance the lower jaw position, which can increase effectiveness, or you may move your jaw position back in case of related jaw discomfort.

No adjustment of the screw mechanism should be made during the first week after you receive your appliance. It is important to allow your jaw and teeth to become comfortable with the appliance in place at night. Monitor your snoring, daytime sleepiness, and quality of sleep during that first week. If these symptoms are continuing, place key in front assembly and turn key from your right cheek to your left cheek (in a counter clockwise direction) two turns (which is 360 degrees) to move the

lower jaw position forward. Monitor the symptoms for three days. If the symptoms persist, you will again adjust the screw mechanism two turns. This process of monitoring and adjusting the appliance continues every three days until the symptoms are well controlled.

Preventing Changes in the Bite:

After you remove your appliance in the morning it is common for your bite to feel different, because your jaw has been forward all night and you will need to help it move back to its normal position. You may notice that your front teeth contact heavily and it will be difficult to close your back teeth together. In order to prevent permanent changes from occurring in the bite it is very important for you to do these simple exercises each morning.

Use of the AM Positioner:

- You will be using the morning 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.

If you have any jaw pain or lingering tooth discomfort, discontinue use of the appliance and contact our office.

IMPORTANT: It may be 4-8 weeks to determine the most effective jaw position for managing your snoring and apnea condition. We are hopeful that you will notice an immediate improvement in your symptoms. However, it is usually necessary to advance the jaw slowly over a period of time to improve the effectiveness of the appliance and maintain the comfort of your jaw and teeth.