

Watonga Dental Post Delivery Instructions: **Mandibular Advancement Device (MAD)**

The 1st Night (What to expect)

- Brush and floss as normal
- Place the appliance before you go to sleep
- Be prepared for slight discomfort due to initial rigidity, this will go away
- Some patients find that it takes a few nights before being able to tolerate for full night

The 1st Morning (What to expect)

- Remove device
- Perform gentle, slow and mild in extent jaw movements for 1-5 minutes
- Brush and floss as normal
- Place morning aligner after 10-20 minutes from removing device
- Use aligner for 1-10 minutes or as needed to re-approximate TMJ to retrusive position.

Maintenance of the Appliance

- Place the appliance in the glass container that is supplied
- Add water, do not need to fill
- Place lid on top the container when not in use
- Clean the appliance with OTC Denture Cleansers as directed by manufacturer once a month
- Do Not Use – Toothbrushes, Toothpaste, or products containing bleach
- You may clean with a soft cloth after soaking appliance
- Keep away from pets
- Use caution when cleaning above hard surface
- When flying carry, do not check in luggage

Follow Up Information

- Please call with any discomfort or questions
- 1 week follow up visit
- 2-4 week follow up visit
- 3 month follow up visit
- 6 month follow up visit

Possible side effects to wearing the appliances are increased saliva, dry mouth, jaw pain, bite changes and jaw locking. Though jaw locking and bite changes are rare, there may be short periods in the morning where the jaw may be sore. For this, chewing with sugarless gum gently for a few minutes is recommended.