

**INSTRUCTIONS FOR WEANING OFF & DECREASING YOUR APPLIANCE WEAR**

For reasons as discussed with your doctor, you are at the point in your treatment where you can begin to decrease the amount of time that you wear your appliance each day. This is done gradually through phases, not all at once.

**Step 1**

Take the appliance out before eating. Leave it out for one hour after eating. Do this for three days. If no symptoms recur or worsen, proceed to Step 2.

**Step 2**

Take the appliance out before eating. Leave it out for two hours after eating. Do this for three days. If no symptoms recur or worsen, proceed to Step 3.

**Step 3**

Wear your appliance for two hours in the morning and two hours in the afternoon as well as while sleeping. If no symptoms recur or worsen, proceed to Step 4.

**Step 4**

Wear your appliance when sleeping and at identified stress times such as exercises, driving in heavy traffic or on long trips, when doing any physical work, etc.

**IMPORTANT**

It is easy to forget your appliance when you do not wear it all of the time. Remember to dampen it and store it safely when not wearing it. NEVER SLEEP WITHOUT YOUR APPLIANCE.

Patient Signature

Parent/Guardian Signature

### CONTINUED CARE INSTRUCTIONS

- We are pleased to have been a part of your treatment and to see you through to completion of the active part of your care. In order to maintain long term stability, it is vital to adhere to the following guidelines:
- Continue to wear your night appliance and/or day appliance as prescribed below.
- You should continue with regular dental visits. It is important that you continue long term dental care.
- You should return to our office yearly for follow up. At this appointment we will perform an examination to ensure your continued health and we will examine and clean your appliance(s).
- Replacement of appliances every 3-5 years: your appliances will need to be replaced to continue to work effectively.
- If your appliance is simply worn down or there is a crack, it can usually be easily repaired or a small amount of acrylic may be added to the appliance to build it up.
- Most people will have a flare-up of symptoms from time to time. Usually this flare up can be resolved by doing the following:
  - ◆ Increase the use of your appliance. Wear your day appliance during the day or use your night appliance as much as you can during the day if you do not have a day appliance.
  - ◆ Use ice and moist heat packs over the painful area; call our office for instructions regarding use of ice and moist heat.
  - ◆ Take anti-inflammatory medication such as Ibuprofen as long as you can tolerate such medication. Give our office a call or check with your family doctor if there are any questions about the medication.
  - ◆ If the flare up of symptoms is not resolved within three days, call our office for further instruction.

The vast majority of patients experience a return of their TMJ/craniofacial pain symptoms because they stop wearing their appliances as recommended. To maintain your current stability, continue to wear your appliances and call to see about a replacement if your appliance is lost or broken. Problems can occur when you fail to get help immediately when you first start having a return of symptoms. We are always available to answer your questions and to help in any way that we can.

Patient Name

Date

Prescription