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### **OCCLUSAL ORTHOTIC (NIGHTTIME WEAR)**

Your orthotic has been individually fabricated and customized to work in harmony with your teeth, chewing muscles, and jaw joints (TMJ). The proper adjustment of the appliance is critical to ensure maximum benefit to you. These benefits include reduction or elimination of:

- Headaches
- Cracking and wearing down of your teeth
- Receding gums
- Tooth looseness

Only a custom fitted and properly adjusted appliance will provide these benefits. Orthotics that have not been made and adjusted to this level of precision will not provide you with all these benefits and can actually be harmful to your chewing muscles and jaw joints. Once the doctor has precisely adjusted your appliance (requiring a minimum of two visits) it should remain comfortable and function properly for years. If you notice that the adjustment feels off at a later time, it is imperative that you see the doctor to re-adjust it and determine what caused your bite to shift

Your appliance is hand made with extremely durable material, and with proper care should last many years. Please follow these simple rules to ensure maximum benefit and lifespan:

- Never drop it on a hard surface, it may break
- Do not leave it in a hot car
- Always store your orthotic in the case provided. Indoor pets have been known to find and devour them
- Clean it every morning with toothpaste and a toothbrush (special cleaners are not necessary)

- Please bring it with you for your regular cleaning appointments. We will be happy to clean it for you ultrasonically.
- See your doctor if the adjustment seems to have changed or if you start developing head pain.

Most importantly, wear it as directed by your doctor. Your customized orthotic is the most valuable investment you can make in the long term health of your mouth and smile. Proper use will help you avoid expensive and lengthy dental procedures later on.

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[www.karahadiandental.com](http://www.karahadiandental.com)

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