



## SLEEP APNEA APPLIANCE

Sleep apnea appliances should be worn during sleeping hours. The purpose of this appliance is to open the airway passage by advancing the lower jaw. It is normal to feel as though your bite does not fit together properly after removing your appliance. This feeling will dissipate within 30 minutes.

Sleep apnea appliances should be worn nightly. It is recommended that you replace the elastic bands 2-3 times per week. You will need to clean your appliance daily with a toothbrush and toothpaste. It is also recommended that you use a denture cleaner 2-3 times a week for 30 minutes to keep your appliance from absorbing stain and odor. Also, when your appliance is not in use, please keep it in the case to prevent loss or damage.

**THERE WILL BE A CHARGE TO REPLACE OR REPAIR A LOST OR BROKEN APPLIANCE.**

If you have any questions, complications or feel your appliance may not be working properly, please call our office at (478)953-2700 so we can schedule an appointment for you.

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