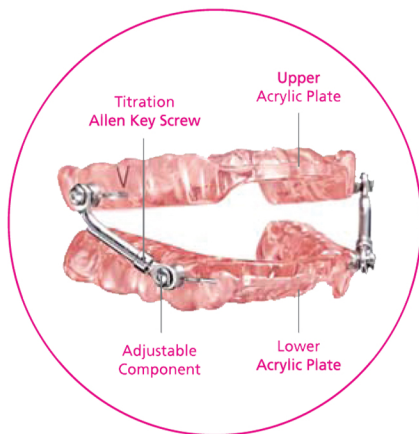




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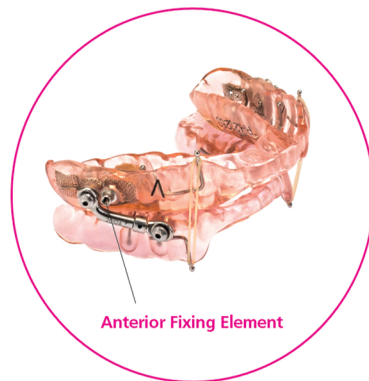
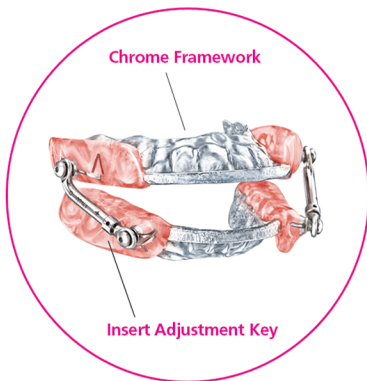
Home care for your Herbst Sleep Appliance



1. Place upper component gently onto upper teeth by hand. Press up to ensure plate is seated securely and fits comfortably.
2. Place lower component gently by hand onto lower teeth. Press down on both sides to ensure plate is seated securely and fits comfortably.
3. Once the upper and lower components are seated firmly in mouth, make sure the appliance's flat planes are in even contact throughout the arch when jaw is closed.
4. If appliance needs adjustment, contact your clinician for guidance and recommendation.

Ongoing Maintenance

1. Brush teeth thoroughly. Failure to brush and floss can lead to premature discoloration of appliance. Discoloration does not affect function or longevity of the appliance.
2. Clean appliance daily.
3. Upon removal from the mouth, appliance should be rinsed in cold water and then cleaned with soap and a soft brush.
4. The appliance should be soaked in partial denture cleaner (recommendation: tablet of Polident) for five (5) minutes once a week.
5. Store in a clean glass of water. Storing in clean water prevents dry-out, cracking, corrosion and possible discoloration of metal components (this only happens in extreme cases).



SPECIAL NOTE

1. It may take a few nights to get used to the appliance. Some muscle tenderness may occur. Adjusting any screw of Whole You Oral Appliance should be performed by a doctor at patient follow-up visit. Your clinician will discuss adjustments and follow-up appointments with you.
2. Do not bite down into place. This may cause claspings or soft-layer distortion.

WARNING: IF ANY SEVERE PAIN OCCURS, PLEASE CONTACT YOUR PRACTITIONER IMMEDIATELY.