



## CARE INSTRUCTIONS FOR ORTHOTIC

### Home Care Instructions for your Orthotic Appliance

To Remove: With your fingertips or fingernails, pull up on the back outside edges of the orthotic. To Replace In Your Mouth: Remove the orthotic when you brush your teeth and brush it with your toothpaste. Be sure to support the orthotic evenly while brushing. For removal of odour and stains, soak in any of the following solutions, and then brush it again with your toothpaste.

1. ½ vinegar and ½ tap water for 20-30 minutes.
2. 2 tablespoons of baking soda in ½ cup water for 20-30 minutes.
3. Cool tap water and a denture cleaning solution like Polident or Efferdent for 15 minutes.

**Note:** Heat will cause your orthotic to warp. Therefore, do not use hot water when cleaning the orthotic. If the water is too hot for your fingertips, it is too hot for your orthotic. Do not leave your orthotic in a hot car or next to a heater, etc. However, as long as your orthotic is in position in your mouth, hot food or drink will not damage it.

### Special Notes:

1. When you are not wearing the orthotic, rinse it and place it in the case we have given you. Keeping the orthotic wet will keep it from changing shape. If unable to moisten the orthotic during the day, simply take a cotton ball and wet with water or mouthwash (not a red colored mouthwash) and squeeze it out. Then place the splint and cotton ball in your container. This will keep your splint moist for the day.
2. Be sure to wear your orthotic all the time and remove it only to eat and brush your teeth UNLESS TOLD OTHERWISE. It is especially important that you wear it when you are concentrating on something like driving, paperwork, sports, exercising, sleep, or any physical activity, etc. These times are when you are most likely to subconsciously grind your teeth. (Remove orthotic 10-15 minutes before meals to make chewing easier.)
3. At all times try to condition yourself to keep your teeth slightly apart, even when wearing the orthotic. Your teeth should touch only when you swallow or eat. Separating the teeth will help your muscles to relax and reduce the stress on the jaw joints.
4. You may find that you have more saliva or less saliva in your mouth. This is your mouth getting used to having something in it at all times. In time this should return to normal.

TERRA DENTAL CARE

DR. MEBS SAYANI PROFESSIONAL CORPORATION

210 - 530 8<sup>th</sup> Ave. S.W. • Watermark Tower, Calgary, Alberta, Canada T2P 3S8 • P: [403] 263-4030, F: [403] 263-4041  
[www.terradentalcare.com](http://www.terradentalcare.com), [info@terradentalcare.com](mailto:info@terradentalcare.com)



## CARE INSTRUCTIONS FOR ORTHOTIC continued

5. You probably will have sore teeth, a sore tongue and some muscle pain after getting your orthotic. This is only the muscles and your teeth becoming accustomed to the orthotic. These symptoms should subside in a few days. If in five of six days they do not subside, please call us. (If you develop sores in your mouth, use Zilactin to make an 'oral bandage'. This can be purchased over-the-counter at most pharmacies.
6. The best way to learn to speak with your orthotic is to start right away enunciating more dramatically and reading or singing aloud to practice. It may take a few days to become accustomed to speaking with it. Remember, you sound worse to yourself than you do to others.
7. You should brush after each meal. Since the orthotic covers your teeth and gums, your tongue is unable to remove any food particles and we do not want you to develop cavities or gum problems. When you brush your teeth, also take time to brush your appliance.
8. Be careful with your orthotic. Keep your orthotic away from dogs! Dogs love to chew on orthotics. Try not to drop your orthotic as it might break. Never wrap the splint in a paper napkin or tissue and lay it on the table. Someone might throw it away. Don't put it in your pocket because you might break or lose it. Avoid flipping the orthotic with your tongue as that can damage your orthotic. The replacement fee for an orthotic is \$700.00.
9. Please consult with us if any dental work or care is required. Extensive dental work, except emergencies, is discouraged because it may change the fit of your orthotic and require a replacement.
10. If dental work is necessary during your orthotic therapy, we will give you a rest break every half hour at which time, if possible, wear your orthotic. Also do not open very wide especially for long periods of time. We also suggest you use moist heat on the sides of your face before and after your dental visits. This will help with any discomfort in the muscle and joints that might occur because of the dental work.

If you have any problems or additional questions after you leave our office, please feel free to call us at (403)263-4030. We want this to be as pleasant an experience for you as possible and are anxious to assist you in adjusting to this therapy.

Terra Dental Care

**Call today for a free smile evaluation!**

**TERRA DENTAL CARE**

**DR. MEBS SAYANI PROFESSIONAL CORPORATION**

210 - 530 8<sup>th</sup> Ave. S.W. • Watermark Tower, Calgary, Alberta, Canada T2P 3S8 • P: [403] 263-4030, F: [403] 263-4041  
[www.terradentalcare.com](http://www.terradentalcare.com), [info@terradentalcare.com](mailto:info@terradentalcare.com)