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Care and Use of the AM Positioner

The goal of this appliance is to help maintain your natural bite relationship (as it was before treatment started). This device is made in your normal bite and will help to guide your jaw back to its original biting position.

IF YOU SHOULD LOSE THIS AM POSITIONER FOR ANY REASON, PLEASE CONTACT OUR OFFICE IMMEDIATELY.

Use of the AM Positioner:

- It is recommended that you remove the nighttime appliance and **wait 15-30 minutes** before using your AM Positioner.
- You will use the Am Positioner for approximately 15 minutes each morning. During this 15 minute period, you will place the appliance over your teeth, close your teeth into the indentations in the appliance, hold for approximately 2-3 seconds, and then release. Repeat this 4 times per minute for this 15 minute period.
- During the first 5 minutes, close your teeth gently into the AM Positioner. After that you can close and clench more firmly into the device.

After using this device for 15 minutes, you should note that your bite returns to normal. If not, use the AM Positioner for an additional 10-15 minutes, and/or, contact our office.

Care of the AM Positioner:

- Clean the AM Positioner daily with a soft toothbrush and cold water.
- Once per week the device can be cleaned with a commercial denture cleaner in cool water.
- When your appliance is not in your mouth store it dry in the case provided.
- **Do not place the AM Positioner in warm or hot water or it will warp.**

New Dental Work After Your Appliance Has Been Fit:

- If you have any new fillings, crowns, bridges, or implants after your appliance has been fitted, your appliance will need to be adjusted to fit over the new dental work. After the dental work is completed, please call our office to schedule an appointment to have your appliance adjusted.

_____ Patient Initials