

Instructions for Care and Use of the Panthera Appliance

Care and Cleaning of the Appliance:

- Clean the appliance daily with a toothbrush and gentle liquid soap.
- Rinse thoroughly and dry your appliance completely.
- Daily soaking of the device is NOT recommended.
- When the appliance is not in your mouth, store it dry (not sitting in liquid) in the case provided. This is especially important if you have a dog as they love to chew it!
- Note: Mouthwash, bleach solutions, denture cleaners, or abrasive toothpaste may harm the device. Only non-chlorine products may be used.
- Store in a cool, dry place and ensure that the device is not exposed to extreme temperature in excess of 45 degrees C or 133 degrees F.
- Failure to follow these instructions could result in damage to your appliance and loss of warranty.

Insertion and Removal of the Panthera Device:

- **Always brush your teeth thoroughly before use.**
- To **INSERT** your Panthera, place the upper appliance on the teeth and seat it completely by pressing firmly on the right and left back portions of the appliance using your thumbs. Move your lower jaw forward and seat the lower portion over the lower teeth and press it into place on the right and left sides using your fingers. Close together to be certain that the appliance is seated completely.
- To **REMOVE** your Panthera, use your thumbs on each side of the lower retainer near the canines and lift to remove. You may find it easier to push on one side and then the other to gently “rock” the appliance off the teeth. Then place your fingers on the upper borders of the upper splint and press firmly downward, “rocking” the appliance from one side to the other until it releases from the teeth.

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Adjusting Your Jaw Position with the Panthera Device:

- We are hopeful that you will notice an immediate improvement in your symptoms; however, it is usually necessary to advance the jaw slowly over a period of time by changing the connecting rods to improve the effectiveness of the device and maintain the comfort of your jaw and teeth. Your Panthera device comes with several different rod lengths, from 32mm to 23mm. Your appliance will come with the rods that are appropriate for your starting jaw position.
- To **remove** the connecting rods:
 - Gently turn the rod until the key (projection) near the end of the rod lines up with the keyhole slot on the wing of the device on each side, then pull the key through the keyhole to release the rod from the wing.
- To **install** a new connecting rod:
 - Place the key on the connecting rod into the keyhole of the upper splint and turn the connecting rod until it firmly engages into the keyhole.
 - Repeat this process with the lower splint on the same side and then again with the upper and lower splints on the opposite side.
 - The inscribed numbers will always face towards the inside of the appliance.
- **If you have any issues with this process, please do not hesitate to contact our office. We are glad to help!**
- No changes to the connecting rods should be made during the first month after you receive your appliance. It is important to allow your jaw and teeth to become comfortable with the appliance in place at night.
- Monitor your snoring, daytime sleepiness, and quality of sleep during the first month. If these symptoms persist, then you can advance the jaw in a ½ mm increment by changing the connecting rods to the next shortest connecting rod. For example, if you have a 30 mm connecting rod on your Panthera, then you would remove them and place the 29.5 mm. The process of monitoring and changing the connecting rod sizes continues every week until the symptoms are well controlled. (The smaller the number on the rod length, the more your jaw will protrude forward.)

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.

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