

## Caring for your soft bite raising appliance

- You have been given this appliance to help relieve jaw joint and associated muscle pain. It has been made to fit accurately.
- Your appliance is made of a polyvinyl.
- Make sure you fit your appliance correctly, ensuring it clicks down over your teeth.
- Your appliance is usually worn overnight, unless your doctor tells you otherwise.
- Clean your appliance in cold water with a soft toothbrush and toothpaste. Rinse well afterwards. Do not use hot water as this will make your appliance go out of shape and it will not fit properly.
- Put your appliance back on the model or in a container when not in use, so it keeps its shape and is protected.
- You will need to wear your appliance regularly for it to be effective. If it is not worn regularly it may not fit, as your teeth may move slightly.
- If a new appliance is needed due to loss, damage or wear, it can be provided but there will be a charge of £80.
- Alternatively, you can contact your dentist for a replacement.

### Contact us

Department of Oral & Maxillofacial Surgery and Orthodontics (Level 2 South Block)

Tel: 0118 322 8978 Fax: 0118 322 7675

More information is available on the Trust website: [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

This document can be made available in other languages and formats upon request.

Department of Oral & Maxillofacial Surgery, January 2019

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