

Dental Sleep Solutions of Maryland

Care & Cleaning of Your Oral Appliance

- ✓ Clean your device in the morning immediately after having removed it from your mouth. Keep your oral appliance clean by brushing it with a soft bristle toothbrush. Avoid using hot or boiling water as it will damage the device. You can use mild dish soap, or a denture cleaner (like Efferdent) or Retainer Brite periodically. You can also use a vinegar/water solution as another cleaning option. If you see any discoloration, stop and ask your dentist for another suggestion. Avoid soaking your oral appliance in a mouth rinse such as Listerine as this may cause discoloration.
- ✓ It is very important that you brush and floss your teeth before you wear your oral appliance each night. If you do not wear your oral appliance on clean teeth you may experience discoloration and strong odors because it can increase the number of bacteria on your device.
- ✓ Always store your oral appliance in the case provided when not in use. Pets love to chew on these, so make sure you store them in a safe place.
- ✓ To maintain fit and longevity of your oral appliance, avoid placing it in direct sunlight, leaving it in your vehicle during summer months, and using hot or boiling water to clean your oral appliance.
- ✓ To reduce the possibility of discoloration, do not drink coffee, tea or cola with the oral appliance in place.
- ✓ When traveling, always store your oral appliance in a carry-on bag to prevent it from being exposed to extreme temperatures in the cargo area of the plane.
- ✓ Questions? Feel free to call us at 410-821-6458.