



StopSnoringSleepBetter.com

Oral Appliance Use & Care Instructions

Prosomnus

Insertion

1. Patients should not insert until just prior to sleep.
2. Patients should inspect the device prior to each use.
3. Patients should brush their teeth, floss, and rinse device with water before insertion of device.
4. Use the arch devices selected by your doctor. Upper and lower devices can be inserted as one device like a sandwich or inserted separately. If separately, insert upper arch first, then lower arch. Use thumbs and forefinger to gently seat the appliance arches. Close mouth slowly.

Daily Care

1. Each morning after use, thoroughly clean the device with a soft bristle toothbrush, cool or lukewarm water, and a mild detergent (dish soap). Warning: Do not use hot water or denture cleaners as they may damage the device.
2. Rinse thoroughly and store dry in the container supplied.
3. Patients may use ultrasonic cleaner weekly with these devices following the above instructions.

Note: Daily soaking is not necessary and may harm the device. Do not use mouthwashes or any other chemical or solutions. These may penetrate the resin material of your appliance adding unwanted odor.

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