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### **Orthotic Instructions of Care**

- Wear the appliance at all times except to brush it outside of your mouth (even eat with it in place unless otherwise instructed to do so)
- ONLY use water to brush the appliance with
- NEVER use toothpaste or abrasives
- NEVER soak the appliance in anything because it can cause rust under the wire
- To remove buildup from calculus or hard water, ask your dental assistant to run the appliance in an ultrasonic bath at your next check.
- Always bring your appliance to every dental appointment
- NEVER attempt to adjust the appliance yourself

### **What Is A Neuromuscular Orthotic?**

The Neuromuscular Orthotic is a comfortable oral appliance usually worn on the lower teeth. The appliance positions the jaw where the muscles are in a more relaxed and healthy position that allows the jaw joint (TMJ) to decompress.

When the jaw joint is regularly in a decompressed and more healthy position, it allows the body to naturally heal itself. This is often phase 1 of your treatment stages.

The orthotic allows a test of this new jaw position which helps Dr. Azouz evaluate the extent of the alleviation of your painful symptoms, Dr. Azouz can then determine what phase 2 treatment would be most appropriate for you.

Please don't hesitate to call us if you have questions or concerns.