

Instructions For Your Oral Appliance

Your Airway Coordinator is Megan: 602-775-5120

Congratulations on starting Homeoblock appliance therapy to address the oral contributions to your impaired airway. To maximize benefits and minimize unnecessary troubles, please follow these instructions:

Wear Time: Wear the Homeoblock for 8 hours a night. If you were also prescribed a POD appliance, wear it for 1-2 hours over the course of the day for maximal benefit.

Treatment Jaw Position: The uniblock design of your oral appliance allows your jaw to move freely. **While normal biting is desired to activate this appliance, avoid clenching hard or eating with the appliance in place.** Keep your lips lightly closed with your tongue touching appliance roof. If you find it to be difficult to find a comfortable position or to keep your lips closed, please contact us immediately.

TO REMOVE: Lift the retaining clips over your back molars.

TO PLACE: Position the appliance over teeth and push into place with your fingers. **Do not bite the appliance into place.**

TO CLEAN: Remove the oral appliance (OA) when you brush your teeth, and brush it with your toothpaste. **NOTE:** Very hot water can warp your OA.

- ‘UN’flavored Closys (Walgreens) for 20 minutes during the day and rinse clean with tap water.
- To remove stains: 2 tablespoons baking soda in 1/2 cup tap water for 20 minutes 2-3x per week or soak in 3% hydrogen peroxide
- **Special Warning:** The appliance should only be in 3 places: Your mouth, cleaner, or case.
- **Never wrap the appliance in paper towel or facial tissue** to avoid accidental loss!
- **Pets love to chew your appliance as a “treat”.**
- Avoid losing the appliance case by placing an address label with your phone # on it.
- If your orthotic is damaged or loose, please call our office immediately.

Our advice: If it's not in your face ... it should be in it's case 😊

Additional Instructions:

- Increased saliva is normal until you become accustomed to wearing your OA for 1-3 weeks. Relax and be patient and your mouth will adapt and saliva excess will subside.
- The same applies to speech. The best way to learn to speak with your OA is to do so. Since this appliance is only worn at night, this is generally not a concern.
- **Bone Building Diet:** the following is a necessary ingredient to redevelop your jaws:
 1. Bone broth from organic chicken/turkey bones, beef shanks, oxtail, etc.
 2. Ensure that you have adequate levels of Vitamin D3 and K2 (if you suspect you may be deficient, please have your levels tested)
 3. Eat plenty of dark leafy greens or green smoothies.
 4. Quality protein from wild-caught fish or pasture-raised meats.
 5. Avoid fast and processed foods, sugar, wheat and commercial dairy
 6. **Dr. Liao's book, *Licensed to Thrive* (Chapters 16-25) is also a good resource.**
- Sore spots in the the palate may arise in due course. This is normal as it reflects progress that your jaw is indeed widening. Try dialing back the expander a turn (opposite arrow direction) for relief until you can come in for an adjustment.
- Rarely, there may be an increase in symptoms after starting treatment, only to feel much better in 2-3 days. Drink plenty of water, take extra Vitamin C, and light exercise such as dancing and yoga. **Years of misalignment will take time to unwind back to normal.**
- In a few weeks you may find your teeth no longer fit together and chewing is less effective. **This is progress and necessary transition toward a healthier bite**, which will come later in Phase I or with Phase II (orthodontic) treatment.
- If you have chronic pain, the bite is just one of many factors. Prior car accidents, sports injuries, falls, surgical scars, etc. may also be contributing. You may need support from other healthcare professionals.

Next Visit: Return in 2-3 weeks for follow-up and to receive further instructions. If you are a snorer or mouth breather, you may benefit from a lip trainer (Amazon). A lip trainer is a device for training your lip, cheek, tongue, and neck muscles to regain tone and to close your mouth to promote nasal breathing.