



## **BITE RAISING APPLIANCE**

Instructions for your Bite raising appliance

1. This appliance is either made of a soft or hard material which is to be worn when you are asleep
2. It should not be worn when you eat or drink
3. Clean your appliance in the morning & keep it safe
4. Clean only with soap or toothpaste & cold water
5. **NEVER USE HOT WATER** – as this will distort the appliance.
6. When you first wear the appliance you may get some increased muscle/jaw pain. This should be easily controlled by ibuprofen/paracetamol and should resolve within a week.