

### **EMA Sleep Apnea Appliance Post Op Instructions**

Brush and floss your teeth before placing your appliance in your mouth. Clean your appliance after every use with a toothbrush and toothpaste and soak it in a denture cleaning solution.

DO NOT soak the appliance in mouthwash.

DO NOT place the appliance in hot or boiling water.

### **Replacing the EMA elastic straps**

The elastic straps on either side of the appliance are the key to the success of the appliance. It is time to replace an EMA elastic strap when it is one-eighth of an inch longer than a new strap or the holes become oval.

The strap should be moistened in hot (not boiling) water before attaching it to the appliance.

It is very important that the appliance be held only on the side on which the strap is being changed; squeezing or twisting the appliance may cause it to break.

Hook the strap over the point on the button, then pull gently ALONG THE SIDE of the appliance to secure the strap.

### **Care**

If after wearing the EMA appliance your bite feels off for more than a few minutes, be aware that this is due to the temporary shortening of some of your smaller jaw muscles. Chewing sugar-free gum for five or ten minutes can restore your bite.

Call the office if your bite feels off even after chewing gum, you experience severe pain in either TMJ, your appliance becomes loose or comes off your teeth during sleep, your teeth remain sore for more than a half-hour after removing the appliance or you develop any sore areas on the soft tissues of your mouth.