

## Your bite-raising appliance

You have been given a bite-raising appliance to help with your temporomandibular dysfunction (TMD). This is a group of conditions that affect the chewing system.

The appliance is made from soft acrylic and fits over your lower teeth. It is designed to stop your upper and lower teeth from touching when you close your mouth.

### When should I wear my appliance?

You should wear your appliance at night. It is important that you thoroughly clean your teeth before putting it in and you should not have anything to eat or drink after this except water.

In the morning, remove your appliance and clean it thoroughly using your toothbrush with soap and water not toothpaste. Do not use very hot water, as this may affect its shape. It is a good idea to keep your appliance in a pot with a lid when you are not wearing it so that it does not get damaged.

### What if I have any problems with my appliance?

When you first wear your appliance you may find that it rubs your gum. If this happens, you may trim it sparingly with a sharp pair of scissors to no further than the level where your teeth are seen imprinted on the acrylic. DO NOT trim past this point as the appliance may fall out.

Your appliance should last a long time if looked after well. If you grind your teeth heavily, you may wear through the acrylic. If this happens, phone the oral and facial surgery department for an appointment on 01872 253980. Please bring your existing appliance with you to your appointment.

If you would like this leaflet in large print, braille, audio version or in another language, please contact the General Office on 01872 252690