

Ravi Doctor DDS



The E – Appliance

Care Instructions

The “E” Appliance

The E Appliance does several wonderful things all at the same time.

- It stabilizes your upper and lower teeth and keeps them from shifting.
- It reduces and eliminates clenching and grinding while you sleep.
- Protects your teeth and restorations from future wear and breakdown while you sleep.
- It allows your jaw joint to be in the natural position while decreasing the forces to the joint.

Care Instructions

- Wear the appliance every night
- Clean the appliance by brushing the inside and outside with your toothbrush and a little mouthwash.
- DO NOT SOAK THE APPLIANCE OR USE DENTURE CLEANING MATERIALS
- DO NOT USE TOOTHPASTE TO CLEAN THE APPLIANCE
- DO NOT rinse with hot water
- DO NOT leave the appliance in your automobile
- Keep the appliance up high and in a case, away from animals, especially dogs.
- Bring the appliance with you to every dental appointment, including cleaning appointments.

As with any orthotic, if you experience any problem with the appliance, discontinue wearing and call our office.

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