



AM Aligner Instructions

Purpose

The purpose of the AM Aligner is to counteract the forces that represent the most significant side effect of a dental device used for the treatment of obstructive sleep apnea, snoring, and other sleep disordered breathing. The AM Aligner is constructed of a unique thermoplastic material to be used every morning to return the teeth to their original position.

Contraindications

Allergic response may occur to the thermoplastic material. Do not store or soak at high temperatures (such as hot car or hot water). This would cause distortion of the appliance.

Instructions

1. After removing your appliance in the morning, wait thirty minutes to use the AM Aligner.
2. When you are ready to use the AM Aligner, insert the Aligner over your upper teeth.
3. Pull your lower jaw back to engage your lower teeth into the indentations on the bottom of the tray.
4. Once your lower jaw is in the correct position, squeeze or bite on the tray as if to put your back teeth together.
5. Repeat the process of squeezing the jaw together into the AM Aligner until usual bite position is achieved.
6. This may take anywhere from 5 to 10 minutes.
7. If it takes longer than 10 minutes, take a hot shower or place a warm pack on the joints to warm up the jaw joints and accomplish this process faster. Contact your dentist if these methods are not successful.
8. To remove the AM Aligner, take the tray off your back teeth first and then remove it from your mouth.