

**Home Care For Your Oral Appliance**  
**TAP - Thermocryl**

In the morning, rinse your oral appliance thoroughly with warm water. **(DO NOT USE HOT!)** You may use a **SOFT** toothbrush to clean it, but do not scrub too hard; you do not want to scratch the lining material. ***Dry the appliance well*** before storing it in its container. It may help to leave the container open so that the appliance can dry thoroughly.

**Make sure the appliance is stored dry.**

You may disinfect your oral appliance ***every 3 days*** with a ***cap full of hydrogen peroxide, diluted in water.*** Leave it in for eight hours then rinse thoroughly. Remember to only do this every ***third day***. If an odor or bad taste develops, rinse the appliance in mouthwash. ***(ALWAYS BRUSH YOUR TEETH AND FLOSS WELL BEFORE INSERTING THE APPLIANCE IN THE MOUTH.)*** With proper care, the lining should last 12-17 months. When your appliance needs new material, you can return to our office.

**Again, store the appliance dry in its container.**

The lining of your appliance is a heat-sensitive material. Be very careful to store it in a cool, dry place. **DO NOT** leave it where the temperature may reach or exceed 50-60<sup>o</sup>c (120-140<sup>o</sup>F). This may cause distortion of the lining material and alter the fit of the appliance. ***DO NOT PUT THE APPLIANCE IN THE GLOVE COMPARTMENT OF YOUR CAR OR THE CARGO HOLD OF AN AIRPLANE!***

Any questions, please do not hesitate to call us. We are here to help.

\* This appliance can be modified to fit in the case of future dental work, in most cases.