

Contact details

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Monday to Thursday, 8.30am - 5pm
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Out of these working hours please contact:
Luton and Dunstable Hospital out of hours service ☎ **01582 491166**
and **ask for the maxillofacial doctor on call.**

www.enherts-tr.nhs.uk

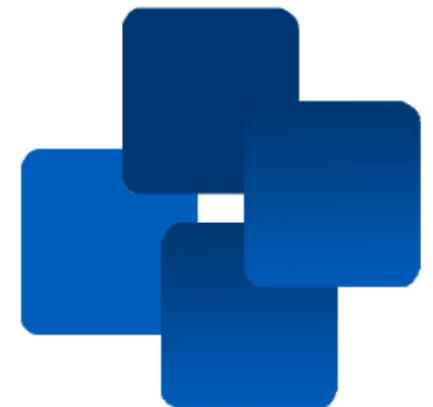
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Patient Information

Wearing and Caring for your Mandibular Advancement Device

Oral and Maxillofacial
Department



Introduction

The purpose of this leaflet is to teach you how to wear and care for a Mandibular Advancement Device.

Your motivation to wear and care for the device correctly is essential for any chance of success.

Wearing your Mandibular Advancement Device

- The device will feel very strange initially but you will get used to it.
- Do not wear it at night until you can tolerate it. Wear it a few hours each day or evening to acclimatise, e.g. watching television, reading, etc.
- Some people notice unusual tastes, increased saliva, nausea/retching sensation, soreness of gums and facial discomfort. These are usually only temporary symptoms.
- Do not make any assumptions on its success for at least one month of proper use.
- If you cannot wear the device please let us know at the review appointment.

Caring for your Mandibular Advancement Device

- The material may stain with certain foods - do not worry. Each morning after use, thoroughly clean your device using a soft toothbrush, cool water and antibacterial liquid soap.
- **Do not use hot water** as this may cause the plastic to warp.
- **Do not use toothpaste** to clean the device as it contains an abrasive ingredient which will eventually roughen the smooth plastic surface.
- Rinse thoroughly and dry your appliance before storing it in the container provided.

You may disinfect your device once every two weeks in a solution of mouthwash and water (half mouthwash and half water). Your device should be soaked in this solution for 10 to 15 minutes. Rinse well before use.

Always brush and floss your teeth before inserting the device.

Please note: Excessive use of mouthwash or a denture cleaner will cause the plastic materials of the device to deteriorate.

Questions

If you have any questions about your Mandibular Advancement Device that have not been answered by this leaflet, please ask the doctor when you next attend an appointment.

Please use this space to write down any questions you may like to ask: