

Sleep Medicine Network Patient Information Document

Suggested Appliance Care Protocol

The care of the appliance begins prior to its use by practicing good oral hygiene before bed:

- Brush and floss your teeth, brush your tongue and rinse your mouth thoroughly prior to using the appliance
- In the morning, use a small dollop of liquid hand soap and scrub the entire surfaces of the appliance using a dedicated tooth brush.
- Rinse the appliance thoroughly to remove any residual soap.
- Allow the appliance to completely air dry during the day.
- At the first sign of any odor stains, consider the use of Oral Safe appliance soak. It is exclusively recommended for the TAP Appliance by the German manufacturer of the copolymer / bi-laminar plastic.
- DO NOT routinely soak the appliance. Limit to occasional soaks of 20 minutes only. Soaking increases the risk of de-lamination of the lining rubber.
- DO NOT allow dogs in proximity to the appliance. These are expensive chew toys.
- DO NOT use the dishwasher to clean the appliance.
- Avoid temperatures greater than warm tap water.
- If you are having any difficulty keeping the appliance clean, contact your Sleep Medicine Network affiliated dentist.
- Expect a mild yellowing of the plastic. This is a common response of plastics to Ultra-violet (UV) light in the environment.