

“E” Appliance

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The “E” appliance does several wonderful things all at the same time.

- It stabilizes your lower teeth and keeps them from shifting.
- It reduces and eliminates clenching and grinding while you sleep.
- It 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 for Patients

- 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 MATERIAL; DO NOT USE TOOTHPASTE.**
- Do not rinse with hot water.
- Do not leave the appliance in your car.
- Keep the appliance 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 it and call our office.

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