



## **INSTRUCTIONS FOR SAGITAL APPLIANCE**

1. Turn the appliance once or twice a week for the time prescribed.
2. Expect some discomfort (soreness or headache) the first few days. This will disappear. Use Aspirin, Tylenol, or Advil for any discomfort.
3. Please do not chew gum or sticky foods. Work with your toothbrush to keep the appliance clean.
4. It is normal to have trouble pronouncing some words. This will disappear with time.
5. The appliance will make the patient salivate. This will subside as time goes on.
6. The appliance will be turned for about six months or so, at which time you will stop turning it and the appliance will then serve as a retainer.
7. Absolutely do not turn the appliance for more than the prescribed time until seen by Dr. Reiss.

If you should have any questions or need more information regarding this matter, I invite you to call or come in at the next appointment to speak to me.

**David. H. Reiss D.M. D.**