



TAP Appliance Post-Op Instructions

You have just received your oral sleep apnea device from Provident Sleep Solutions. When you first use the appliance there may be an increase in salivary flow for the first few weeks of use which will slowly subside.

Some patients experience minor gagging or awkwardness when swallowing, but these sensations are not permanent. After wearing the appliance all night, it is common to have some minor tooth or muscle discomfort. Many patients cannot touch their teeth together normally for up to 45 minutes. To help with this, you have been given a custom-made AM aligner. Make sure to bite into this hard for 1 minute and then gently for 9 minutes when you take your Apnea appliance out in the morning.

Cleaning your intra-oral sleep apnea appliance should be done each morning with a soft toothbrush, brushing all surfaces –inside and out gently with a lot of cold water flowing into it. The appliance should be stored dry in the case that is given to you and it should be left open. If you experience significant joint or muscle pain lasting more than 2 hours or requiring analgesic medication, discontinue use of the appliance and call us to make an appointment for re-evaluation.

If your spouse tells you you're still snoring, you can give the upper appliance a half turn clockwise as was explained at the delivery.

What Not to Do

Be careful that you do not leave the appliance anywhere that a pet can reach it. Dogs find them wonderful chew toys and replacement of the appliance is not covered by medical insurance. Do not leave it in a car on a hot day, in a sunny spot in your house, or in your luggage when flying. Never use hot water on it or mouthwash.

If you have any questions about the use and care of your intra-oral sleep apnea/snoring device, please call the office at 248-471-0345.