



Caring for your soft bite raising appliance

This leaflet explains how to look after your soft bite raising appliance.

Key points

- You have been given this appliance to help relieve jaw joint and associated muscle pain. It has been made to fit accurately.
- Your appliance is made of a polyvinyl.
- Make sure you fit your appliance correctly, ensuring it clicks down over your teeth.
- Your appliance is usually worn overnight, unless your doctor tells you otherwise.
- Clean your appliance in cold water with a soft toothbrush and toothpaste. Rinse well afterwards. Do not use hot water as this will make your appliance go out of shape and it will not fit properly.
- Put your appliance back on the model or in a container when not in use, so it keeps its shape and is protected.
- You will need to wear your appliance regularly for it to be effective. If it is not worn regularly it may not fit, as your teeth may move slightly.
- If a new appliance is needed due to loss, damage or wear, it can be provided but there will be a charge of £80.
- Alternatively, you can contact your dentist for a replacement.

Contact us

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To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

RBFT Department of Oral & Maxillofacial Surgery, January 2025

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