

EMA Sleep Appliance Instructions

What To Expect With Your EMA Sleep Appliance

You may notice an increase in flow of saliva at first, which will subside after a few nights' wear. Later, your mouth may become dry at times. For most patients, with diligent use, these side effects will resolve.

You may also experience tooth soreness and jaw muscle fatigue, due to the initial strain placed on the jaw, and tight fit of the new appliance. This is normal, and will subside as your mouth becomes accustomed to the appliance. If one or two teeth are extremely sore, or if the gums become sore, please call our office. We will adjust the EMA appliance as needed.

Wear and Care Instructions for your EMA appliance

The elastic straps on either side of the appliance are the key to the success of your appliance. We will work with you to determine the best strength and size for you. You can help us with this process by telling us when you feel that optimum comfort and effect have been reached. Some patients' jaw muscles relax quickly and do not need the straps changed frequently, but other patients stretch the straps out in one week or less. The straps may need to be changed more frequently during the first month or two. The straps need to be changed if you start holding your breath or gasping in your sleep again, or if snoring worsens. When changing the straps on the appliance it is very important that you hold the appliance only by the side on which you are changing the strap, close to the button. DO NOT hold your appliance in the palm of your hand or squeeze it as you could break it.

If you are using blue or clear straps, warm them in very hot water, preferably in a cup of water that has been microwaved to nearly boiling, before attaching them to your appliance. To hook the strap over the point on the button, pull it forward or backward **ALONG THE SIDE** of the appliance until you feel it catch. DO NOT pull **OUTWARD** as you attach the straps, or you could pull the buttons from the appliance.

Please remember to always **BRUSH** and **FLOSS** your teeth every night before placing your appliance in your mouth. Good oral hygiene is very important when wearing an appliance to bed.

Clean your appliance every morning in cool or lukewarm water with a denture toothbrush and

toothpaste. We suggest using denture toothpaste such as DentuCreme® or Fresh 'N Brite®. If white film begins to form on the appliance or if it picks up odors, soak it in a denture cleaning solution such as Polident® or Efferdent® in warm, not hot, water. Heat can warp your appliance. You may leave the straps on during cleaning. DO NOT soak the appliance in mouthwash or expose it to alcohol in any way. Rinse the appliance, shake it off, and store it dry during the day.

If your bite feels off for more than a few minutes in the morning, be aware that this is due to shortening of some of smaller jaw muscles overnight. Chew sugar-free gum for five or ten minutes in the morning to restore your bite. If your bite still feels off, call our office.

Bring your appliance to every dental appointment so your dentist can make sure the appliance is working appropriately. If you have major dentistry done, such as crowns, bridges, or veneers, you may need a new sleep appliance to ensure proper fit.

Please call our office if your appliance gets loose and comes off your teeth too easily, especially if it comes off during the night. Also, call us if your teeth remain sore for more than a half-hour after removing the appliance in the morning, or if you develop any sore areas on the soft tissues of your mouth. GOOD LUCK AND SLEEP BETTER!

[What do the straps mean?](#)

White	Soft
Yellow	Medium
Blue	Firm
Clear	Extra Firm
EMA Description	
#1 Extra-long 21.0	
#2 Long 19.0	
#3 Medium 17.0	
#4 Short 15.5	
#5 Extra short 14.0	