



Tap 3 Instructions:

Care and Cleaning of the Appliance:

- Clean the appliance daily with a toothbrush and antibacterial hand soap. You can also use Denture cleaning tablets that only let the appliance sit in about an hour longer can cause damage to the appliance.
- When your appliance is not in your mouth, store it dry in the case provided. (This is especially important if you have a dog. Some people have had their appliance destroyed due to their dog chewing it).

Insertion and Removal of the TAP Appliance:

- Always brush teeth before use.
- To insert your tap appliance- place the upper appliance on the teeth and seat it completely by pressing firmly with your thumbs on the right and left back portions of the appliance. Please lower the appliance on the teeth and press firmly with your forefingers on the right and left back portions to seat it. Move the lower jaw forward to connect the hook on the upper portion into the plate on the lower portion. Close together to be certain that the appliance is seated completely.

Adjusting the screw mechanism:

- Your TAP appliance has been custom made for you and is designed to provide maximum effectiveness. The screw mechanism allows you to move your lower jaw position forward, which can increase effectiveness, or backward in case of related jaw discomfort.
- In order to adjust the screw mechanism, place the key in the front assembly and turn it from your right cheek to your left cheek (counterclockwise) 2 turns to move the jaw position forward $\frac{1}{2}$ mm. Each 180* turn= .25mm.

How Often to Adjust your Appliance:

- No adjustment of the screw mechanism should be made during the first week after you receive your appliance. It is important to allow your jaw and teeth to become comfortable with the appliance in place at night. Monitor your snoring, daytime sleepiness and quality of sleep during that first week. If these symptoms persist, then you can advance the jaw by adjusting the screw mechanism two turns counterclockwise, and then monitor your symptoms for 1 week. If the symptoms continue, you will again adjust the screw mechanism two turns counterclockwise. This process of monitoring and adjusting the appliance continues every week until the symptoms are well controlled.

New dental work after your appliance has been fit:

- If you have any new crowns, bridges, implants, or large fillings completed after your appliance has been fitted, your appliance will need to be adjusted to fit over the new dental work. After the dental work is completed, please call our office to schedule an appointment to have your appliance adjusted.

Please call our office with any questions regarding the area or use of your appliance. For example, if you have any jaw discomfort or lingering tooth discomfort, discontinue use of the appliance and contact our office.

Important:

It may take 2-3 months to determine the most effective jaw position for managing your snoring and apnea condition. We are hopeful that you will notice an immediate improvement in your symptoms. However, it is usually necessary to advance the jaw slowly over a period of time to improve the effectiveness of the appliance and maintain the comfort of your jaw and teeth.