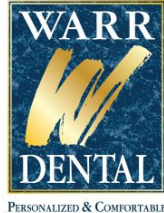


Transitioning Out of Daytime Appliance: Take-Home Instructions



for Optimal Results

■ Week One:

The daytime appliance is removed for one hour, three times a day—in the morning, afternoon & just before bedtime. It remains in while eating.

■ Week Two:

The appliance is removed two hours at a time, three times a day. It is still left in while eating.

■ Week Three:

The appliance is removed three hours at a time, three times a day. The patient still eats with the appliance in. For some patients, this is the last week of treatment with the daytime appliance.

■ Week Four:

For those patients who still have the daytime appliance in, it is worn only while eating. After a few days, most patients are entirely off the appliance.

- After transitioning away from the appliance completely, your symptoms may reappear. Feel free to use the appliance as needed to manage your symptoms. If you are still having to wear your appliance for more than a couple hours during the day after going through the transitioning process, please contact our office.

Call us today if you have any questions

Open 7am–7pm!

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