

JAMIE SANDS, D.D.S.

COSMETIC, RESTORATIVE AND PREVENTIVE CARE

ORAL ANTI-AGING™

Night Time Orthotic (NTO)

Indications: clenching, grinding, joint clicking and discomfort, muscle pain, neck pain, shoulder pain, frequent headaches, to act as a retainer, and long-term protection for restorative work and natural teeth

What to expect?

2 Appointments

First appointment is for records (20 Minutes)

- We complete a digital scan of your teeth from which high-definition 3D models are printed.
- 2 copies of your bite will be taken
- These records will be used to fabricate the NTO

Second appointment Custom fitting (1 hour)

- We adjust the appliance to your precise bite and comfort. This can only be done in person.
- The staff and doctors will meticulously adjust your new appliance in 4 different jaw positions to ensure the ideal fit.
- Don't worry we guide you.

How to take care of your appliance at home?

- After wearing your appliance all night, rinse it with cold or room temperature water and soap.
- You may use a toothbrush (soft bristles only) to clean the appliance if needed, but it is not advisable every night as it can roughen the appliance and make it more susceptible to staining.
- Avoid heat such as hot water or sun exposure. Hot water can bend the acrylic altering the shape of the appliance, and direct sunlight exposure can dry the acrylic making it more brittle and prone to breaking.
- Tap it dry after rinsing it, and store it on a cool/room temperature location in its case. Do not leave it in water or wet as mold can develop.
- Keep away from dogs or other pets. They like to chew on the appliance.

Appliance maintenance:

- We recommend that you have your appliance checked annually by Dr. Sands or Dr. Ryan. We will examine for excessive wear/grinding marks and determine the need to have it readjusted to your bite.