

## Patient Care for TMJ - Muscle Deprogramming Guide

- Patients need to take care of their TMJ – Muscle Deprogramming Guide by doing the following:
- Do not chew on or alter the TMJ – Muscle Deprogramming Guide as this will affect the fit and possibly damage it or decrease its effectiveness.
- Custom-made TMJ – Muscle Deprogramming Guide are made for that particular time when the cast of the dentition is taken.
- Rinse the TMJ – Muscle Deprogramming Guide with cold water or with a mouth rinse before and after each use.
- Avoid contact with hot water.
- Since the mouth contains bacteria and plaque, it is important to clean your TMJ – Muscle Deprogramming Guide after each use.
  - Clean it with toothpaste and a toothbrush or clean it in cool, soapy water and rinse thoroughly.
  - Store and transport the TMJ – Muscle Deprogramming Guide in a firm, perforated container to prevent damage and permit air circulation.
  - Do not close the TMJ – Muscle Deprogramming Guide container until the freshly washed TMJ – Muscle Deprogramming Guide is dry.
- Do not share your TMJ – Muscle Deprogramming Guide with others.
- Avoid high temperatures or direct sunlight to minimize distortion.
- Check the condition of the TMJ – Muscle Deprogramming Guide occasionally and replace it if it has holes or tears, becomes loose, or irritates the teeth or gums.
- Remove retainers and other removable appliances such as orthodontic retainers, removable bridges, or dentures (complete or partial) before inserting the TMJ – Muscle Deprogramming Guide.
- If the TMJ – Muscle Deprogramming Guide absorbs a strong blow, it may need to be replaced to maintain a proper fit and protection.
- Due to pressure from the teeth, and alternate wetting and drying that occur between uses and during cleaning, TMJ – Muscle Deprogramming Guide wear out over time. The material deteriorates and loses resilience, reducing effectiveness.
  - Therefore, they should be replaced every two to three years.
  - Earlier replacement is recommended if they become cracked, torn, and split, or if fit deteriorates, significant wear appears, or there is unsatisfactory retention.

Bring the TMJ – Muscle Deprogramming Guide to each dental hygiene visit to have it evaluated by the dental hygienist.

**Thank your Dentist** for choosing a DAMAS Certified Dental Laboratory (CDL) for the health and safety of their patients.

This thermoplastic/dual appliance was custom-made to fit your unique bite by Certified Dental Technicians at Artistic Dental Laboratories (DAMAS CDL). This appliance was MADE in the USA; it meets, and exceeds, all FDA certified specifications and standards. Visit [ArtistiCDL.com](http://ArtistiCDL.com) to stay up to date on how to care for your appliance.

The designation of CDL assures that a dental laboratory has met specific standards for materials, quality assurance, safety, business and manufacturing practices. The CDL designation is recognized by the National Association of Dental Laboratories (NADL), the American Dental Association (ADA), and the American College of Prosthodontists (ACP). It also receives outstanding support and participation from the US Military Services.

What is DAMAS? The dental laboratory is a crucial element of the delivery of quality dental care. The requirements set forth in DAMAS are based upon the sound quality system management principles specified in International Organization for Standardization (ISO), but are geared specifically for the dental laboratory setting. Learn more visit [nadl.org/DAMAS](http://nadl.org/DAMAS)

