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Credentialed by the Academy of Dental Sleep Medicine

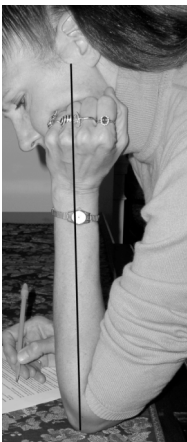
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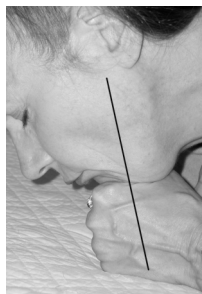
Jaw Repositioning After Oral Appliance Removal in the Morning

As many as 70 % of patients using an oral appliance to treat their obstructive sleep apnea note a temporary change in the position of their teeth upon removal of the oral appliance. This is thought to be due to fluid build-up in the temporomandibular (jaw) joint at night. To prevent permanent alteration of jaw and tooth position it is best for you to try and get your jaw back into position as quickly as possible. Most of these techniques require 15-20 minutes each morning. Here are some of the hints patients have given me that seemed to work for them:

1. **Lean on your hand** with your head looking down as if you were writing something on a desk. There should be a straight line from your jaw joint, to chin to wrist and elbow. It is ineffective to lean the underside of your chin on your hand as though you were 'daydreaming'.
2. Chew a stiff gum such as Double Bubble™ bubble gum. Most other chewing gums are too thin to provide adequate resistance for your joint. Food will rapidly breakdown as saliva starts to digest it making food an adequate substitute.
3. Chew on a piece of thin rubber such as a medical latex glove or piece of a balloon if you require a low sugar diet. Rubber bands are too thick to be effective.
4. One patient has found that chewing pumpkin seeds works well, but availability is limited to the fall.
5. **Clench** your teeth as hard as you can for the count of 5. Do this 20-30 times over the course of 15 minutes.
6. **Head on Fist:** When you are still in bed, remove the appliance, roll over on your stomach and place your fist on the mattress. Rest your chin in the 'cup' made by your thumb and forefinger. Relax your head onto your fist as if you were looking at the mattress. DO NOT PUSH. Rest there for 5-8 minutes (Snooze alarm length). You may need to switch hands.
7. **Do exercises:** Open your mouth as widely as possible then slowly move your jaw as far to the right as possible then close. Repeat the exercise to the left. Continue for 5 minutes.



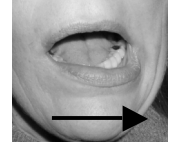
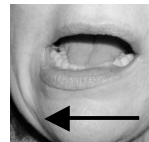
Lean on your hand



Put your chin on your fist

EXERCISE:

Start with your mouth closed, open as widely as possible, then move right or left as far as possible. Slowly close. Repeat these motions slowly for 5 minutes



8. "Tongue slide": Place the tip of your tongue behind your upper front teeth. Slide your tongue slowly back along the roof of the until the tip is as far back as possible; try to close on your back teeth. Repeat as necessary.