



Anthony Costella, DDS | Rosemarie Goldstein, DDS

SNORE GUARD / SILENT NITE • HOME CARE

Your dentist has prescribed an oral appliance to help reduce snoring by holding the lower jaw forward during sleep. Use it only as prescribed. Consistent cleaning, morning exercises and regular follow-up are essential.

1 Clean teeth before sleep

Brush with fluoride toothpaste and floss before insertion. Use clean hands and rinse the appliance. Rinse away any mouthwash with water before insertion. Wear during sleep as prescribed.

2 Use your AM Aligner

After removing the snore guard each morning, use your **Morning Aligner / AM Aligner** as demonstrated. This exercise guide helps restore your usual jaw and bite position. Follow the prescribed technique and duration; do not force it. Bite changes can still occur.

3 Report bite changes promptly

The appliance may change jaw position or how teeth meet. **Contact us immediately if you notice a bite change**, especially if it does not settle after the instructed morning routine. Stop use and call for significant pain, loose teeth, sores, jaw locking or a poor fit. Do not adjust the appliance yourself.

4 Dry mouth & tooth protection

Dryness or extra saliva may occur. Stay hydrated; report persistent dryness. Use fluoride toothpaste and ask about extra cavity protection. MI Paste (milk-derived CPP-ACP) is an optional supplement, not a fluoride toothpaste replacement. Avoid it with milk-protein allergy and follow allergy warnings.

5 Clean daily, protect the material

Clean daily with a soft toothbrush, without toothpaste. Use a manufacturer-approved peroxide-based appliance cleaner (3.8% or less) as directed.

Polident must be approved for your model.

No ordinary denture cleanser. Avoid soap, mouthwash, alcohol, hot water and abrasives. Rinse well; air-dry. Do not swallow cleaner.

6 Blue connectors & safe storage

Blue side pieces on connector-style Silent Nite are **connectors or straps**. Ask for replacements when worn, stretched, cracked or lost. Replace only as demonstrated, using the prescribed size. Do not change jaw advancement yourself. Store dry in its case, away from heat, pets and children. Bring it and the AM Aligner to dental visits.

7 Snoring & sleep apnea care

This prescription is for snoring; do not rely on it as treatment for sleep apnea without a medical evaluation and a coordinated treatment plan. Do not stop CPAP or another prescribed sleep treatment on your own. Oral appliances can treat selected sleep apnea cases under professional care.

Less snoring does not prove sleep apnea is controlled. Report gasping, breathing pauses or daytime sleepiness. Keep sleep and dental follow-ups.

QUESTIONS OR CONCERNS? PLEASE CALL THE OFFICE

Call promptly for bite changes, persistent jaw or tooth discomfort, loose teeth, sores, dry mouth, appliance damage, broken connectors or any concern. Bring the appliance and AM Aligner to your follow-up visits.

Dr. Costella 415-453-0642

Dr. Goldstein 415-453-0122

Call 911: choking, trouble breathing, or a severe allergic reaction with tongue or throat swelling. For fit, cleaning or repair concerns, call our office.