

Use of the AM Aligner (aka 'Bite Checker')

You have received a small plastic form that fits over your lower front teeth. This form is to help you avoid the unwanted side-effect of your jaw misalignment and potential permanent bite changes. It is recommended to **check your bite daily**, regardless of perceived bite recapture.

After removing your oral appliance (OA), **wait at least 15-30 minutes** before using the AM Aligner to see if your jaw position will realign on its' own.

- **If your schedule does not allow you to perform this assessment/exercise in the morning it is OK to delay it for a few hours – try to do it before noon**
- **If your schedule does not allow you to do this before noon, doing this at any time during the day is better than not performing this assessment/exercise at all**

- **ASSESSMENT TOOL:** If your bite feels as if it is in normal alignment, verify this by putting the AM Aligner on the bottom teeth and biting into it. If you can bite comfortably into the AM Aligner (without pressure on the front teeth) and feel your back teeth touch and the upper teeth fit perfectly into the mold on the bottom then you are good! Your jaw has returned to its correct position. Look at the photos below.

- **EXERCISOR:** If it is difficult to bite into the AM Aligner and or the upper teeth do not fit into the mold (there is a space) and your back teeth do not touch you need to perform exercises with the AM Aligner. Use the AM Aligner with intermittent biting (**Tap, tap, clench**) in and out of the AM Aligner with your lower jaw. Do this until you can easily bite into the AM Aligner and it fits correctly (no space) and your back teeth touch. This time is different for everyone! It can take from 1-20 min.



CORRECT (in alignment)

You must make sure that your front teeth fit completely into the AM Aligner or your back teeth will not mesh. If there is a shadow at the edges of the teeth, then the Am Aligner is not pushing your jaw back into place



INCORRECT (not in alignment)

If you notice that the teeth do not bite into the AM Aligner correctly and your back teeth do not touch in spite of performing the **AM Aligner** exercise, please try the exercises as described on the separate paper '**Jaw Repositioning After OA Removal.**' You can do these gentle techniques throughout the day, then try the AM Aligner again. If you can now bite into the aligner normally, you are done. If you are still having difficulty contact the office or discuss it with us it at your next visit.

Summary:

The **AM Aligner** is your **assessment tool** to determine if your jaw has fully relaxed. Not everyone can feel their back teeth touch. The **AM Aligner** is also an **exerciser**.

- There is no study to prove that this approach is guaranteed to work; it is just one more attempt to help each patient prevent unwanted jaw repositioning and tooth movement.
- If you experience jaw pain, toothache, gum soreness or new headaches, please contact the office. Occasionally, a short break from using your OA will resolve these symptoms, but an alternative to the OA will need to be discussed.

Cleaning the AM Aligner

Remove the aligner, rinse in cool water, and leave to air dry or pat with a clean paper towel. If necessary, the aligner can be soaked in **1:1** diluted hydrogen peroxide for 15 minutes or brushed gently with mild soap. **Please do not soak the aligner in DentaSoak® or any other OA commercial cleaning solution** as it will crack and degrade.

Replacement Aligners

If the AM Aligner is broken, eaten by the dog or warps from exposure to heat (left in a hot car, mixed in laundry etc.) it will need to be replaced. However, a replacement aligner can only capture your new baseline bite.

*There is a \$75 fee to replace your AM Aligner