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**APPLIANCE WEAN-OFF INSTRUCTIONS**

Instructions for \_\_\_\_\_ Date \_\_\_\_\_

Begin wearing your appliance for sleep each night as prescribed by your doctor.

When instructed to wean off the appliance, follow these guidelines:

**Week 1:** Do not wear appliance between waking in the morning and lunch. Insert it after lunch and wear it until the next morning.

**Week 2:** Remove the appliance upon wakening in the morning and re-insert it at 3:00 in the afternoon. Then wear it until the next morning.

**Week 3:** Do not wear the appliance at all during waking hours. Insert it at bedtime, and wear it only for sleep.

Continue daily jaw exercise regimens recommended by the staff. If any symptoms return, call my office immediately for an appointment.



Thank you for the opportunity to provide for your care!