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POST-OP INSTRUCTIONS

Caring for Your NTI Device

Your NTI is a small, custom-fitted device that snaps over your front teeth while you sleep. It is designed to reduce clenching and grinding forces, which may help protect your teeth and ease related jaw tension or headaches.

Wearing Your NTI

- Wear your NTI every night while you sleep, unless your dentist tells you otherwise.
- Seat the device gently over your front teeth with your fingers until it snaps into place. Never bite it into position. It should feel snug and secure. If it feels loose, rocks, or falls off easily, stop wearing it and call our office.
- To remove it, use your fingertips to lift it off. Do not pry with hard objects.

What to Expect

- The device may feel bulky or unusual for the first several nights. Most patients adjust within one to two weeks.
- You may notice extra saliva or slight changes in your bite when you first remove it in the morning. This typically resolves within a few minutes.
- If your bite feels off for more than an hour after removal, or if you develop new jaw pain, contact our office.

Cleaning and Care

- Rinse the device with cool water each morning and brush it gently with a soft toothbrush. You may use a small amount of mild dish soap or non-abrasive toothpaste.
- Never use hot or boiling water. Heat can warp the device and ruin the fit.
- Store it dry in its case when not in use. Keep it away from pets, especially dogs, who are drawn to chewing on dental appliances.
- Soak occasionally in a denture or retainer cleaner if buildup develops. Do not soak in mouthwash containing alcohol.

Important Safety Notes

- Do not wear the device if it becomes loose, cracked, or damaged. A loose device could pose a choking risk.
- Bring your NTI to every dental appointment so we can check the fit and condition.
- Keep the device out of reach of children.

When to Call Us

- The device is loose, damaged, or no longer fits properly.
- You experience new or worsening jaw pain, tooth pain, or changes in your bite.
- You lose the device and need a replacement.