

Cleaning & Caring

for your Oral Appliance

The Moses® is a two piece open-anterior device. The upper element is a .3mm poly-propylene-ethyl copolymer vacuum-formed splint which covers all of the maxillary teeth and is trimmed to avoid impinging on the gingival. The lower element is made of methyl methacrylate dental acrylic resin.

Daily Cleaning Directions

Soak your oral appliance in an old coffee mug or appliance case every morning for 10 to 15 minutes or follow product directions. Rinse well, gently shake excess water off, and store dry, away from children, and especially animals. Dogs love to chew on oral appliances! Also remember, your appliance is hard plastic so be careful not to drop it. It can break!

"Kleenite" from Regent Labs is the recommended denture cleaner to use for The Moses® appliance. It is not readily sold in all areas of the US but is available online. Kleenite is small granules in a bottle.

Polident and Efferdent are other good alternatives which come as individually wrapped tablets that are easy to travel with.



The Moses®



Teeth Cleaning & Maintenance

It is very important that you bite on your back teeth every morning. If it is difficult for your back teeth to touch after being awake for 1 hour, chew a piece of sugarless gum until your back teeth touch. This usually takes only a few minutes.

It is very important that you clean your teeth properly at bed time before inserting your oral appliance to prevent tooth decay and periodontal problems. Never drink anything other than water while wearing your oral appliance. If you have any questions or concerns, contact your prescribing dentist.



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