

QUICK START GUIDE TO COMPLIANCE



Recognize Your Child's Limits

Be realistic on what you can expect from your child. Perfect compliance may take time! It's ok if they need to build up to the time your dentist has requested. It is normal for them to feel like it is too big or to salivate a lot in the beginning.

01



Set Reachable Objectives

Start small. Some children may need daytime wear before starting to wear it at night. Ask them to wear it 10 minutes at a time while doing something they enjoy. Taking a deep breath, ensuring their tongue is above the ramp and swallowing can help them feel relaxed. Work up to an hour of passive wear during the day. Keep trying nighttime wear and soon they will be comfortable enough to sleep with their appliance.

02



Leverage Rewards

Recognize what motivates your child and use that to encourage wear! For example, if they love a video game/toy/movie, they can only do that activity while wearing the appliance. It will be hard at first but soon they will be asking for it. Sibling rivalry also helps!

03



Create End Goals

Having goals is important. It helps to set smaller goals & larger goals. For example, if you get one week of nighttime wear, you get X. If you get a month of nighttime wear without it falling out, you get Y. The Amazon Fairy or a trip to the store can be fun! This doesn't have to be a big prize. Try creating your own compliance charts with fun stickers!

04

Don't forget to celebrate small achievements!



Compliance can be tough in the beginning, but stick with it and you will see the benefits! Some children may take one week to keep their appliance in all night, while others may take three months. This is normal as they transition from mouth breathing to nasal breathing. If your child falls asleep easily with it in but then it falls out, check on them before you go to bed and gently pop it back in. They will eventually keep it in all night.

