

Caring for Your Panthera Appliance

Official Manufacturer Instructions — Panthera Dental (L-002 rev 08)

Follow these instructions exactly — a couple of Panthera's rules are stricter than general oral-appliance advice, particularly around cleaning products.

Daily Cleaning

Clean the device every day in lukewarm water with a soft toothbrush. Rinse, dry, and store it in the case provided.

Deeper Cleaning, Twice a Week

Use an antibacterial, chlorine-free orthodontic cleaning solution, following that product's own instructions. Approved chlorine-free solutions are available at most drugstores.

Water Temperature

Never put the device in water warmer than 45°C / 133°F.

Inserting the Device

- Brush your teeth first.
- Place the upper splint (no triangle rod anchors) on your upper teeth and press into place with your fingers.
- Move your lower jaw forward to position the lower splint on your lower teeth, and press into place.
- Some patients find it easier to insert the lower splint first, then move the jaw forward to seat the upper splint. A mirror can help at first.

Removing the Device

- Unclip the lower splint first: place a thumb on each side of the lower retainer, near the gum in front of the lower canines, and lift.
- Then place fingers on each side of the upper splint, near the gum, and pull down.
- Never press or pull on the retaining rods themselves.

Storage

Keep in its case at room temperature, away from direct heat and humidity, and out of reach of children. Don't leave it on the night table — dogs are drawn to the smell and will chew through one.

Helpful Morning Exercises

If your bite feels like it needs a moment to reset after wearing the device (normal, especially early in treatment): move your chin backward and close your molars together while biting, 5–10 times; and eat breakfast or chew sugar-free gum.

Before Each Use, Check For

- Damage — don't use the device if there's visible wear or damage.
- Cleanliness — clean it if it isn't already.
- Fit — should feel comfortable and snug on both arches.

Contact Us If You Notice

- Tooth movement or a change in your bite
- Gum or tooth soreness, or jaw joint (TMJ) pain
- Excessive salivation or any breathing obstruction while wearing it

■ Never use — per Panthera Dental

Chlorine-based products of any kind — this includes most denture cleansers, bleach, AND acetic acid (plain vinegar).

Water warmer than 45°C / 133°F.

Never press or pull on the retaining rods — rods must only be changed by your dental practitioner.