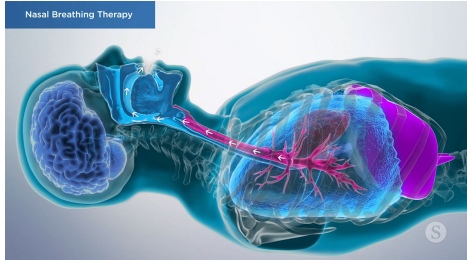
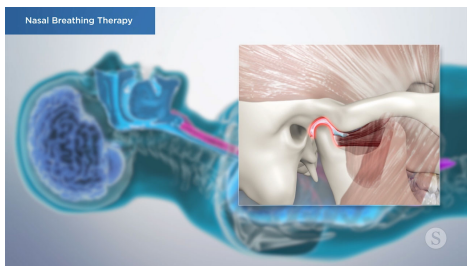


Nasal Breathing Therapy



Nasal breathing therapy is a process to help chronic mouth breathers convert to nose breathing while awake and asleep for improved oral health and general well-being.



Your doctor may recommend nasal breathing therapy if you have signs of mouth breathing contributing to a dental issue like nighttime tooth grinding, tooth wear and fractures, or temporomandibular disorder.



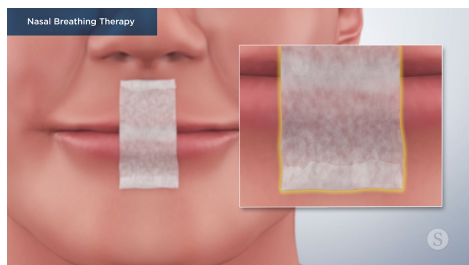
Often treating a patient's breathing and sleep problems will improve their overall health and correct the root cause of many dental problems, ensuring any dental restoration lasts for years to come.



Nighttime nasal breathing therapy, following the Buteyko technique, is conducted at home for 2 weeks. To begin, your nose must be cleaned every night before going to bed using either a nasal spray, saline rinse, or a nose unblocking exercise. If you have allergies, your medication should be taken.



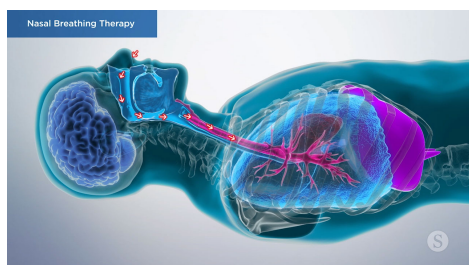
To remind your lips to stay closed during the night, a one-inch piece of surgical tape is placed vertically across your lips. The edges are folded to allow for easy removal.



After two weeks, if the effects are positive, nasal breathing therapy may continue.



If a more permanent and long-term solution is desired, your doctor may recommend a myofunctional therapist, an allergist, orthodontist or ENT physician, based on your unique circumstances.



If the Buteyko therapy makes breathing more difficult, or sleeping worse, an examination by an ENT physician to discover the reason for your inability to retrain your breathing may be appropriate.



Talk with your doctor about nasal breathing therapy and how it can promote restoration longevity and overall health.