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*Health centered dentistry—guided by nature.*

## **MAGO: Maxillary Anterior Guided Orthotic**

### **Purpose:**

Your MAGO is a custom designed, hard acrylic appliance that allows your jaw and neck muscles to realign your lower jaw and stabilize your jaw joints. This treatment has been used many years by OBI-trained dentists on thousands of patients to diagnose bite problems before dental work is done to restore the teeth. The MAGO is designed to create a temporary even bite and allows the lower jaw and TM joints to return to their natural position without interference from the teeth. Your MAGO protects your teeth and supporting bone from the damaging effects of clenching, grinding, and other habits; it allows your jaw joints to heal and realign to a comfortable, stable position; and, it diagnoses the causes of your bite problems prior to definitive dental treatment.

### **Wear:**

The MAGO is designed to fit over your upper teeth and it has been meticulously adjusted to fit as perfectly as possible against the lower teeth. The MAGO must be checked regularly and adjusted weekly to keep the bite even. To be effective, the MAGO must be worn 24 hours a day, even when eating. Take the MAGO out only to clean it. Softer diets are necessary at first and try to avoid foods that require wide opening and hard chewing (no chewing gum!). Take a multivitamin and mineral supplement daily as recommended by the doctor, and give close attention to a well-balanced nutrition, regular exercise, rest, and stress reduction.

Insert and remove the MAGO carefully. Use downward pressure on the cheek side of your back teeth to remove the appliance. The MAGO fits snugly to prevent any movement. You may have to experiment to find the easiest way to insert and remove the appliance. If the MAGO becomes loose, especially when eating, call the doctor so it can be refitted or tightened.

### **Weekly Adjustments:**

Follow-up appointments will be needed to adjust your MAGO. Adjustment visits are usually made at 1-2 week intervals. If you experience any change or unevenness in the way your teeth fit against the MAGO, an adjustment is needed to even the bite. Headaches, muscle pain, sore teeth, or soreness in your jaw are other signs that the doctor needs to see you for an adjustment.

The length of time the MAGO is worn varies with the severity and chronic nature of your bite problem. Your compliance in wearing the MAGO as directed and retuning for adjustments are the most important parts of achieving an accurate diagnosis. Usually the MAGO is worn for 2-4 months, but occasionally longer for more severe problems. When your bite is stable on the MAGO and the joints and muscles are comfortable, a final diagnosis and treatment plan to fix your bite will be developed to suit your specific needs. After MAGO therapy, treatment of the bite is always necessary to keep your bite stable for the long term. Your teeth will be made to fit properly through careful adjustment your bite and by adding length to worn teeth. Often the teeth must be moved with orthodontics (braces) and/or restored with porcelain for good bite stability and joint support.

### **Care:**

Food and plaque will accumulate around and under the MAGO. It is crucial you maintain exceptional oral hygiene with daily flossing and brushing to prevent gingivitis and tooth decay. Rinse the MAGO after eating and return it to your mouth. Keep the MAGO clean by brushing the MAGO twice daily with a toothbrush and antibacterial soap (no toothpaste – it will discolor the MAGO!). You may also soak the MAGO in an ultrasonic cleaning solution or use denture cleaning tablets to remove stains.

You may notice your teeth fit differently when you first remove the MAGO from your mouth for cleaning. This is because your muscles are realigning the jaw joints to a healthy position. It is important not to eat without the MAGO. Doing so could severely injure your teeth, muscles or jaw joints. Anything less than 24/7 wear will lengthen the time you will need to stay in the MAGO. Your speech may be somewhat affected at first, especially such sounds such as “s” or “th”. The adaptation of your tongue can be aided by reading aloud daily for the first couple of weeks. This usually takes place rapidly and talking will become easier for you in two or three weeks.

### **Completion of Treatment:**

The MAGO is a diagnostic appliance, and it alone is not a definitive cure. It only provides a favorable environment for the body to heal and repair. Wearing the MAGO is a discovery process for both you and the doctor. You will experience what a stable bite feels like, and your joints, muscles and teeth will learn how to chew more normally again. Once a definitive diagnosis is completed, then the dental treatment needed to fix the teeth to keep the chewing system stable will be discussed with you.