

# Directions for Daily Use

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## **PARTS:**

- [myTAP](#) (1)
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## Step 1 — Daily Use





- Inspect the device prior to each use. Contact your prescriber if you observe any material degradation or damage to the device.
  - With the advancement and adjustment mechanisms threaded together, place both trays in the mouth. Be sure the lower tray is not dialed too far forward before placing the trays in the mouth. If it is, you may not be able to bite into the appliance to wear it.
  - Gently relax your jaw once the myTAP™ is in your mouth.
  - To remove either the upper or lower trays, gently lift up on the lower tray or pull down on the upper tray on one side in the back of the mouth, next to the last tooth.
- ⚠ Warning:** The myTAP™ trays should never be worn separately. Always wear both trays when using the appliance.


## Step 2 — Homecare Instructions




- Each morning after use, thoroughly clean your myTAP™ appliance using a regular soft toothbrush and warm water.
- Weekly, or less as needed, clean the trays with warm water, mild soap and a toothbrush.
- Rinse thoroughly and dry your appliance completely before storing in the container. It may help to leave the container open to ensure that your myTAP™ dries thoroughly.
- Store your appliance out of reach of pets and small children.

 **Warning:** The myTAP™ should be stored in a cool, dry place. The appliance is made from heat sensitive materials and should not be stored where temperatures exceed 122°F (50°C), such as in the glove compartment of a car or the cargo hold of an airplane.

 **Do NOT** wash the myTAP™ in the dishwasher or use dishwashing liquid to wash the product.

 **Do NOT** clean the myTAP™ with products that contain chlorine, bleach, moisturizer, antiseptic, anti-bacterial agents or alcohol.

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 Do NOT wash your myTAP™ in hot water as this may change the fit of the trays.

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