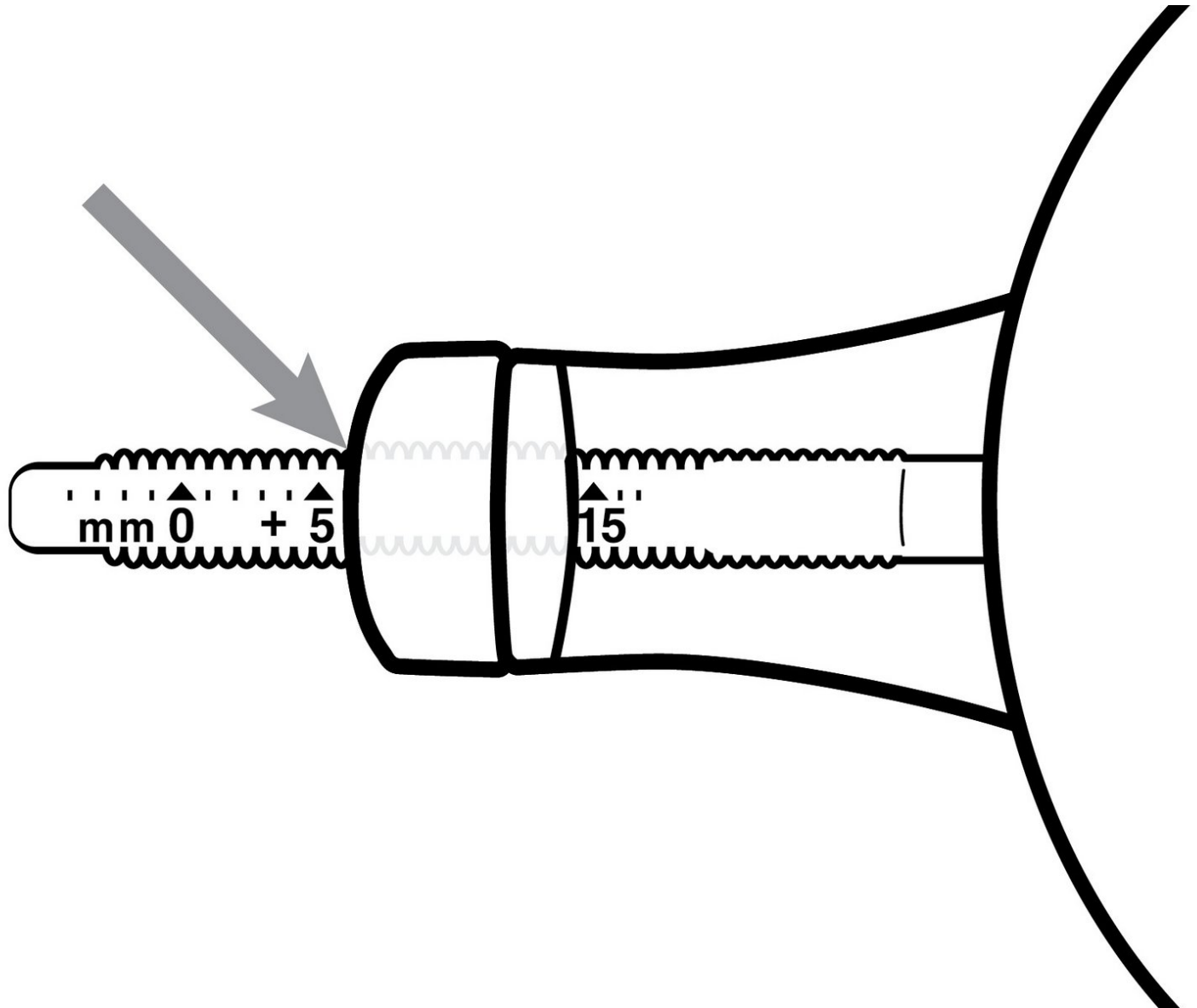


# Tips and Tricks

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## Step 1 — Titrating the myTAP



- Start the myTAP at a comfortable position. For most patients, this is “end to end” where your upper teeth are directly over the lower. It’s important to start using the myTAP at a position that is **COMFORTABLE** for you.
- The calibration scale can be read from the bottom of the device. In the image shown, it shows the device is approximately advanced 1mm from end to end.
- End to End bite is defined on this device as “0”. Indicating that the upper and lower anterior incisal edges meet.
- Gradually advance the jaw by turning the adjustment dial 180° (1/3 mm) counter clockwise every 2-3 nights until symptoms are alleviated.

## Step 2 — Trays too Tight



- If the trays are too tight, run the tray under hot water. Insert the tray into the mouth and move the tray back and forth to create “room”.

## Step 3 — Trays too loose



- If the trays are too loose, repeat the entire fitting process and press the tray harder against your teeth with your fingers and tongue. Additional suction and formation using your fingers on the tray may be needed.

## Step 4 — Ideal fit



- After the initial fitting, the trays will continue to cool and shrink. A somewhat loose fit after the initial fitting is recommended. When using the myTAP at night, the trays should fit snugly but not so tight they are uncomfortable.

## Step 5 — Trays over an implant



- If you have an implant, the tray may seem tight on that tooth. After the first 3 minutes of the initial fitting, take the tray out of the mouth and widen the area around the implant. This will reduce pressure on the implant.