



MDSA INSERT & CARE RECOMMENDATIONS

This MDSA has been designed and fabricated for you, to the exact specifications of your Dentist.

- 1** Brush and floss your teeth prior to insertion to ensure an accurate fit.
- 2** Place the upper part of the MDSA into your mouth first. Use an even pressure with the thumbs to push and ensure it is firmly seated.
- 3** Place the lower part of the MDSA in next using even downward pressure from the index and middle fingers until the lower portion is firmly seated in mouth.
- 4** To connect, bring the lower jaw forward and up allowing the upper hook and lower plate to engage.
- 5** When removing your MDSA, always remove the lower part first and then the upper part.
- 6** If you need to advance your lower jaw: place the key into the screw hole at the front of the upper portion and turn clockwise to move the hook forward.
- 7** We recommend you clean your MDSA after every use. To clean your device, use cold tap water, liquid soap and a toothbrush. Do not use toothpaste as it is abrasive and may cause damage.
- 8** Store your MDSA in clean water when not in use to prevent the device from drying out and cracking.
- 9** Check your MDSA regularly for damage. If any damage is found, stop using your device immediately and contact your Dentist for further advice.
- 10** Store safely away from pets.
- 11** Always bring your MDSA to appointments with your Dentist.

If you notice any changes in your symptoms or your bite, please contact your dentist.