

INSERTING

1. It is very important that you clean your teeth properly before inserting your appliance to prevent tooth decay and periodontal problems.
2. The upper component: Place on your teeth and snap into place firmly with your thumbs
3. The lower component: Open wide and insert as far back as possible and then slide it forward into position
4. Engaging: Slide lower jaw forward and bite down to engage the two components

REMOVING

1. The lower component: Open wide to disengage and slide the lower component out first
2. The upper component: Use your fingers to remove the upper component. You may have to remove a little on each side until it comes off. This should be a snug fit.
3. It is very important that you bite on your back teeth every morning. If it is difficult for your back teeth to touch after being awake for 1 hour, chew a piece of sugarless gum until your back teeth touch. This usually takes only a few minutes.

NOTES

- Inspect your Moses™ each day prior to use. If you notice any cracks or chips, contact your dentist.
- Clean and rinse each day, store in clean water. Avoid drying out your Moses™.
- Make sure your Moses™ is kept safe from your pets, Dogs especially like to chew dental appliances.
- Your appliance is hard plastic, be careful not to drop it. It can break!