

# Patient Daily Use

# The Moses®

## Inserting

1. It is very important that you clean your teeth properly every night before inserting your appliance to prevent tooth decay and periodontal problems.
2. The upper component (clear retainer): Place on your upper teeth and snap into place firmly with your thumbs.
3. The lower component (blue acrylic body): Open wide and insert appliance onto lower teeth.
4. Engaging: Slide lower jaw forward and bite down to engage the upper and lower components.



## Removing

1. The lower component: Open wide to disengage and slide the lower component out first.
2. The upper component: Uses 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.

## Adjusting

1. There are adjustment screws on both sides of The Moses® appliance. These screws are adjusted by the wrench or key that has been provided to you with the delivery of your appliance. One turn from bar to bar represents 1/8th of 1 mm (8 turns = 1 mm of forward movement).
2. Ensure that both screws (right side & left side) are turned the same number of times, and in the direction of the arrows.
3. If your dentist instructs you to advance your appliance, it is very important that you follow his/her instruction on how many turns and how often you make these adjustments.



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## Additional Notes

- Inspect The Moses® appliance each day prior to use. If you notice any cracks or chips, contact your dentist immediately.
- Clean your appliance every morning and store dry.
- Make sure your Moses® appliance is kept safe from your children and pets. Dogs especially like to chew dental appliances.
- Your appliance is hard plastic, be careful not to drop it. It can break!