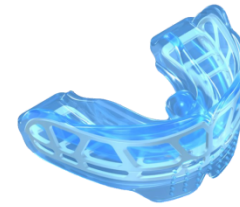


Loving your Myobrace:



Your first couple of days

- It may feel a bit strange and need some "breaking in" (just like a new pair of shoes!)
- Your teeth or muscles around your mouth might be a bit sore... that is normal!

What to do:

- Wear your Myobrace for 1 hour a day and to sleep at night
- **Lips together** and **tongue on the tab** to make the Myobrace work!
- It is normal for your Myobrace to fall out at night. When it stays in all night you are making **GREAT** progress!
- When wearing your Myobrace remember to **take it out** when you are speaking.
- Find a quiet activity while wearing (reading... TV time... homework...)
- You **CAN** split up the hour. We recommend 2 half hour or 3 twenty minute segments.
- It may take some time for your Myobrace to stay in all night, when it happens it is a **BIG success!**
- You do **NOT** need to keep your lips closed when sleeping with the Myobrace at night.

Keeping your Myobrace clean...

- Rinse with water after every time you wear your Myobrace.
- Do **NOT** brush with a toothbrush or put in the dishwasher.
- You **CAN** soak once a week in a retainer tablet

1425 Broad Street
Clifton, NJ

Office: 973-778-4222
Dr. Barry Cell
(for emergencies)
973-903-1114

Please call our office
as soon as something
breaks or if something
is bothering you. We
never want you to be
uncomfortable!

If you have any other
questions or concerns,
give us a call...

Myobrace health coach
meeting login:

Lisa:

<https://doxy.me/myobracelisa>

Melissa:

<https://doxy.me/myobracemelissa>

Daniella:

<https://doxy.me/myobracedaniella>