



Directions for Daily Use of the TAP

1. You should brush your teeth and floss well before inserting the TAP.
2. Always inspect the device prior to each use. If there any material seperation, material degradation or damaged parts, the patient should discontinue use and contact us.
3. Engage the Hook of the upper tray with the Lingual Shelf in the lower tray before placing the trays in his/her mouth. Make sure the hook is not dialed too far forward that you can't comfortably snap the trays over your teet while engaged. You should use your thumbs to push the tray from the bottom to snap it over the upper teeth. Repeat the same process for the lower tray. NOTE: It is difficult to engage the Hook and Lingual Shelf if the trays are already in your mouth.
4. You should gently relax once the TAP is in your mouth.
5. After use, remove either the upper or lower tray by gently opening the mouth while the Hook is still engaged. At the same time, lift up on the lower tray or pull down on the upper tray to loosen either tray and remove.

If the trays disengage while in the mouth, take the trays out, reengage the Hook and Lingual Shelf and place back in your mouth. If you try to reengage the trays while still in the mouth and you bite down on the Hook, it may damage Hook or Lingual Shelf.

Always wear both trays when using the appliance. They should never be worn seperately.

Cleaning Instructions for the TAP

Each morning after use, you need to thoroughly clean the appliance using a regular soft toothbrush, *COOL* water and an antibacterial soap. **HOT WATER SHOULD NEVER BE USED!**

Dry the appliance completely before storing in the container. It may help to leave the container open to ensure the TAP dries thoroughly.

You may disinfect the TAP appliance every two weeks in a solution of equal parts mouthwash and water. You may also subsitute a denture cleanser, like Efferdent, for mouthwash. Soak the TAP in the solution for only about 10-15 minutes and rinse thoroughly before use or storage.