



Instructions for Narval Sleep Apnea Appliance

To wear the device:

- Brush your teeth then place the device under cold water to make it wet
- To make it easier the following steps should be performed in front of a mirror the first few times you wear the device.
- Position the device in your mouth with the upper splint (small one) positioned against your upper teeth.
- Press firmly with your fingers on the splint so that it can slide in and be firmly in place. Do not ever pull on the connecting rods to adjust the position.
- Bring the lower jaw forward and proceed in a similar way to slide in the lower splint (larger one).
- In some specific cases it may be easier to insert the lower splint first.
- Do not bite into the splint to insert it on your teeth.
- Always follow the instructions above carefully to avoid damaging the device.

To remove the device:

- First remove the lower splint by lifting the side of the device away from the gum with your fingernails. Be careful never to pull or press on the connecting rods.
- Proceed in similar fashion to pull away the upper splint.
- Remove the device from your mouth.
- Rinse it, wash it following the recommendations from the TAKING CARE OF YOUR DEVICE section in your instruction pamphlet and place it back in its storage box.

BE SURE TO WEAR YOUR AM POSTIONER FOR 15 MINUTES AFTER YOUR REMOVE YOUR NARVAL APPLIANCE. THIS IS VERY IMPORTANT TO KEEP YOUR TEETH FROM SHIFTING