



NOISELEZZ® PATIENT FITTING INSTRUCTIONS:

These directions are specifically for the **Noizelezz** appliance...please **read completely** and keep for reference. Note that in most cases the Noizelezz will fit you right out of the box. Adjustment and fitting are usually not necessary.

Noizelezz is packed in a flat form, in its own travel/storage case. First, remove the appliance from the box. Fold the two flat sides together (as you would a compact). The lower tray is longer and more protrusive. The upper tray has a very slight bump in the front-outside-center.

By inserting this appliance into your mouth, your lower jaw (mandible) will move forward slightly, opening the airway and moving your tongue away from the soft palate. Kept in this position, you will stop snoring.

The **Noizelezz** material is soft and if required, it can be easily trimmed for a better fit. **Do not** cut material away from the inside of the lower tray or from the outside of the upper tray. **Do not** attempt to reposition the relationship of the trays by heating the hinges.

For those with an unusual mouth shape (crooked teeth), or severe class 2 or 3 malocclusion: If you have trouble fitting the standard **Noizelezz**, it can be custom-fitted as follows for irritation. See your practitioner, or follow the information below. You must avoid unnecessary pressure on one or just a few teeth. This can be avoided by proper fitting.

For simple irritation or localized pressure, if experienced, **immerse only that portion of the appliance** in warm water (maximum 73° Celsius or 163° Fahrenheit) for 5 to 10 seconds. The material will become soft. Then place the appliance in your mouth carefully and apply slight pressure. Orafter heating gently, reform **only** the area that is irritating you, with (for example) the bowl of a tea spoon. You can repeat this several times as needed. **Do not use boiling water! Remember the maximum temperature of 73°C!** Use discretion with the water temperature in your mouth. Do not use hot tap water as there is no temperature control.

After you have used **Noizelezz** for some time, the hinges may become relaxed. The hinges act as springs, and allow the **Noizelezz** to follow the opening/closing of the mouth. If you wish to strengthen/rejuvenate the hinges, immerse the hinges **only**, in warm water 73°C temperature as above. In a few seconds, the hinges will regain their original elasticity. **Do not try to reposition the trays.**

If you notice some tenderness in your jaw, discontinue the use of the appliance immediately for a few days then gradually increase use over time. For prolonged discomfort, consult your dentist. It is not unusual to have some slight soreness in the jaw joint and teeth. This usually disappears in a few days. It is sometimes helpful to wear the appliance while awake, in the evening, watching television or reading. When you are awake, you can discern any area that may irritate you subconsciously.

You can benefit from this appliance even if you wear dentures, providing that your dentures have a good fit. You must wear your dentures when using the **Noizelezz**..

People that have gum disease, loose teeth, or disease of the oral cavity or jaw should not try **any** oral appliance. Have the problem treated first.

Children that are still growing should not be fitted with the appliance under any circumstance.

You will adjust to the **Noizelezz** with use, and soon enjoy restful sleep. It is normal to have a break-in period. Occasionally some of the following may occur: A few may notice some slight tooth soreness when first using the **Noizelezz**. If this is not severe and not localized (as in rubbing only one spot) you will usually adjust and this will soon disappear. If the rubbing continues, try using the above localized adjustment suggestions. The **Noizelezz** is made in one size only. It fits 98% of the population without adjustment or any fitting requirement. Some may find the appliance being ejected at first, during sleep. This is normal don't be impatient. Some may find excess saliva or dry mouth. These conditions are also normal with any oral appliance, even braces. You will adjust, usually within one week. The hinges allow the appliance to follow your mouth as it relaxes and opens, but your lower jaw will continue to protrude slightly. This allows normal mouth breathing. Relax, give yourself time to adjust, the **Noizelezz** works passively. Severe adjustments may require the expertise of a dental practitioner. Your dentist can provide expertise in fitting and custom fitting, if required. We can provide **practitioner fitting instructions** to your dentist, upon request

Clean your appliance thoroughly **each morning**. Using **DentureBrite**, our exclusive cleaning powder, is the most effective method. Failing that, a tooth brush, liquid tooth paste and **cool** water will work. After cleaning, air dry your appliance and **store it flat in the storage case.**