



## HABIT CORRECTOR

### Wear Instructions:

- Arrow points up, teeth in grooves, tongue resting on shelf.
- Lips can be at rest or you can practice closing your lips around the Habit Corrector to strengthen your facial muscles.
- Keep tongue on shelf and practice swallowing without pushing the Habit Corrector out. Breathe through your nose.
- Do not chew on or talk with the Habit Corrector in your mouth.
- The goal is to wear the Habit Corrector all night every night. You can wear it for 20-30 minutes before bed to practice breathing and swallowing.
- Your doctor may also suggest you wear the Habit Corrector for additional time during the day.
- Track your wear on a daily compliance chart or on the patient app.
- You should be able to keep the Habit Corrector in a little bit longer each night.
- Bring your Habit Corrector and compliance chart to every appointment!

### How to Clean & Store Your Habit Corrector:

- Clean Habit Corrector with toothbrush and toothpaste in the morning, making sure to get into all the grooves to keep plaque from forming.
- You can soak the Habit Corrector in a dye free mouthwash.
- Do NOT put the Habit Corrector in boiling water, the dishwasher, or leave it in a hot car, as this will cause the Habit Corrector to warp or melt.
- Keep the Habit Corrector in its case when not in use and keep it out of reach of pets. If a pet sleeps with you, discontinue that until the Habit Corrector reliably stays in your mouth all night long.