MUNCHIES®

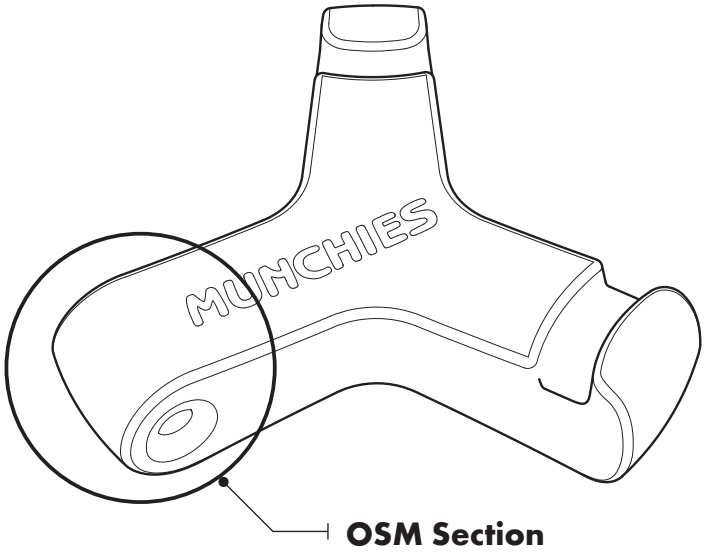
Instructions

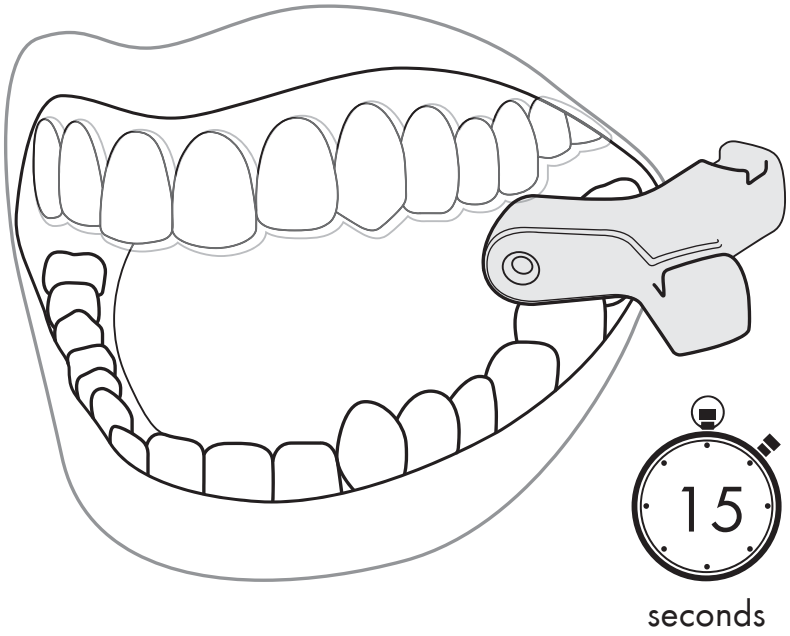
Modes of Use

Optimised Seating Mode

To ensure your aligner is seated intimately against your teeth and engaging the attachments which are critical for accurate movement, gently bite on the Optimised Seating Mode (OSM) section of the device, starting with your back teeth and moving completely around your mouth.

Select the Munchies® device that feels most comfortable to you.





Gently bite in a vertical (up and down) motion for 15 seconds on all teeth.

Repeat this process 3 times per day (morning, early afternoon and evening is ideal) for up to 3 minutes on each occasion.