

Caring for your Vivos® DNA/mRNA appliance

Becoming familiar with your Vivos® appliance

1. Your Vivos® appliance is built with precisely calibrated parts. It is sturdy when used, maintained, cleaned, and stored as intended, but will not withstand abuse.
2. To ensure optimal performance, this device requires daily cleaning and inspection for signs of wear and proper fit.
3. The appliance must be adjusted periodically. It is your responsibility to schedule regular adjustments and report any issues to your physician.
4. Some patients notice a taste or smell at the delivery of a new appliance that should dissipate in a few days. If necessary, soak the appliance in plain water for the first few days.

Storing your Vivos® appliance

1. Store the appliance out of reach of pets.
2. Do not leave your appliance in extremes of heat or cold.
3. Always use the supplied case when carrying your appliance.
4. Mark your appliance case with your name and contact information in case of loss.

Cleaning your Vivos® appliance

1. The appliance must be kept clean. Rinse immediately after wearing and air dry completely.
2. Never use forced hot air, boiling water, or chemicals on your appliance.
3. Always clean your appliance with a soft-bristled toothbrush and mild soap. Toothpaste is abrasive and can damage the appliance.
4. Do not soak your appliance in mouthwash or denture cleaners.

Using your Vivos® appliance

1. Alert your physician immediately if you are unable to wear the appliance as directed. Adjustments must be rescheduled to accommodate actual wear.
2. To be effective, treatment must be continuous. If you have an issue with the appliance, contact your physician and schedule an appointment but do not discontinue use.
3. If you experience difficulty breathing with or without the appliance, contact your physician immediately.
4. Do not adjust the appliance yourself. If your device requires adjustment or repair, see your physician immediately.
5. Inspect your appliance every time you clean it. If you notice anything that is cracked, loose, or damaged, call your doctor immediately.