

### Fitting Your ThermAcryl™ Mouthpiece

Please read all instructions before starting.



**1.** Loosen the nut, remove the mouthpiece, then set the nut and bolt aside.



**6.** For 2 minutes, suck on the mouthpiece while pushing with your tongue up against the back of your teeth to seat the mouthpiece.



**2.** Place the mouthpiece over your upper teeth, bite gently to check that your teeth fit within the flat surface of the tray. If not, you will need to narrow or widen later in the fitting process.



**7.** For an additional 2 minutes, open your mouth and breathe normally with the mouthpiece in place. This allows the mouthpiece to set and cool before removing.



**3.** Pour boiled water into a bowl. Submerge the mouthpiece for 1 minute. Remove the mouthpiece with a pair of tongs and shake off excess water. Then let the mouthpiece sit for 20 seconds.



**8.** Place your fingers on the top edge of the mouthpiece on both sides of the tray along your molars. Pull downward to remove mouthpiece. You are finished fitting the mouthpiece. Lay it aside with the nut and bolt. It is now time to fit the mask.



**4.** If you determined in step 2 that the tray needed to be widened or narrowed please do so now and recheck the sizing before going to step 5.

#### HELPFUL FITTING TIPS

- If you have never worn a mouthpiece it may take a few days get used to it
- Your mouthpiece should fit snug and be comfortable to work properly
- If it is too tight, place it under hot tap water for 15 seconds and reinsert
- If it remains tight, when cold use your thumbs to spread (widen) the mouthpiece
- If it is too loose, repeat the fitting process using boiled water



**5.** Place the mouthpiece over your upper teeth. Be sure that the clear post is directly aligned under your nose. You can do this by looking in a mirror or cupping your hands over your nose and mouthpiece.

#### WARNINGS

- Before use of the mouthpiece:
- You must have at least 8 original upper teeth and no removable dentures
  - Do not use if you have any periodontal disease, loose crowns or fillings and broken teeth
  - You must have seen a dentist in the last 12 months before use

## Fitting Your Mask



**1.** Your mask has *Medium* nasal pillows pre-installed. In the package are sizes *Small* and *Large* if needed. Place the mask up to your nose and check that the pillow opening fits into your nose and the ridge fits evenly along edge of your nares. The pillow ridge should not fit into your nose. Notice the even distribution of the ridge making a seal on the outside around your nose.



**2.** Squeeze the pillow with your thumb and middle finger. Then guide the pillow into the slot using your index finger. Insert one side of the pillow first then push the other side into the slot with the groove in place 360°.



**3.** Check the pillow rim distribution underneath.



**4.** The nasal pillow openings should be parallel to each other. Your nasal pillows should look like this.



**5.** Place the mouthpiece post into the mask frame and insert the bolt and nut. Do not fully tighten the nut. Orient the nut to the right or left side to accommodate your dexterity.



**6.** Insert your mouthpiece onto your upper teeth and swing the mask upward to your nose.



**7.** Using the adjusting slot in the mask frame, position the nasal pillows to your nose comfortably then tighten the nut. *Note: the pillows should not be pressed too firmly to the nose.*

## Connecting the CPAP



**1.** Connect the CPAP hose to the swivel connector on the top of the inlet tube, then turn on the machine.



**2.** Place your hands around your nose and feel for any air leaks. If there is a leak from the pillows, loosen the nut and adjust as necessary. Note that exhaled air will escape from the holes on the front of the mask.

## HELPFUL TIPS FOR MASK LEAKS

- Loosen the nut, adjust the seals to your nose and retighten the nut
- Check the rotation of the seals and align to your nares
- Check that the seals are inserted correctly into the mask frame
- Try a different size of seals
- Check the alignment of the mouthpiece to your nose

## CLEANING INSTRUCTIONS

**AFTER EACH USE:** Rinse the mouthpiece in cold water and wipe the outer portion of the pillows with a damp cloth.

**WEEKLY:** Fill your sink with cold water and add a mild liquid soap such as unscented Ivory liquid. Disassemble the mask and soak all parts including headgear for no longer than 10 minutes. Remove and rinse in cold water then allow the parts to air dry. Reassemble the mask before your next use.

**WARNING:** For best results do not use any cleansers that contain alcohol, bleach, moisturizers, anti-bacterial agents, or scents.

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