

Getting To Know Your

DynaFlex Milled Dorsal[®]

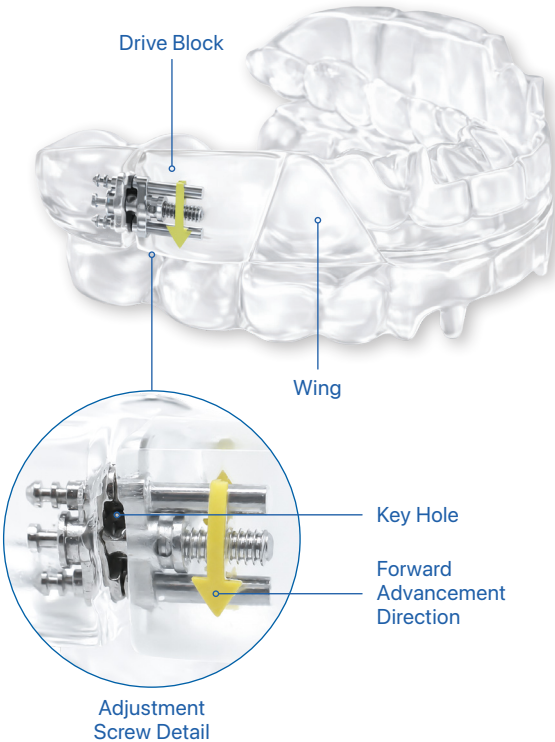


 **DynaFlex[®]**

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Identifying The Parts Of Your DynaFlex Milled Dorsal®

The Dorsal appliance features a two-piece design for enhanced comfort and controlled mandibular positioning, with precision-milled components for a consistent fit.



How To Advance Mandible

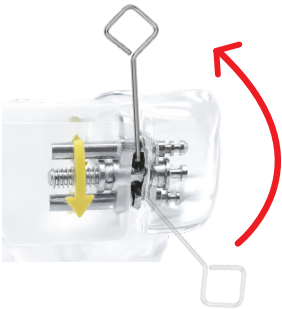
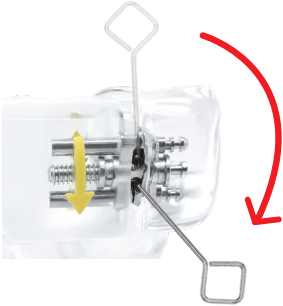
Hold upper device with calibration screw facing toward you.
Up to 6 mm of advancement.

90° Turns	10	20	30
Adj.	1.0mm	2.0mm	3.0mm

90° Turns	40	50	60
Adj.	4.0mm	5.0mm	6.0mm

Forward Advancement

Fit your calibration tool into the keyhole and rotate 90° in the direction of the arrow on device.



Backward Advancement

Rotate your calibration tool in the opposite direction of the arrow on device.

Instructions For Daily Use

Inserting the Upper Device

Place the upper device in your mouth. Press up on the device with both thumbs to ensure that it fits securely and comfortably.

Inserting the Lower Device

Place the lower device in your mouth. Press down on both sides of the device using your index fingers to ensure it fits comfortably.

Engaging the Wings

Once the upper and lower devices are securely in position, bring your lower jaw slightly forward to allow the 'wings' to engage. Slowly close your mouth until your lips lightly touch each other (may not always create lip seal).

Removal

Always remove the lower device first. Using your thumbs on both sides, gently pull the lower device in an upwards motion to remove. Using both your index fingers and thumbs, gently pull the upper device down and forwards to remove.

Tip: Use lip balm during the first few nights of wearing your DynaFlex Dorsal® to help keep lips moist.

Cleaning & Care Instructions

Always clean your device in the morning immediately after having removed it from your mouth. Use a soft toothbrush.

- Never use hot water, hot water damages your device and will invalidate the warranty.
- After removing the device from its storage case, thoroughly brush it with a toothbrush and soap, then rinse it under cool running water.
- Dry all parts of the device and storage case carefully and thoroughly using a clean towel.
- When not in use, the device should be stored in your Sleep Well storage case.

Please note:

To reduce the possibility of discoloration, do not drink coffee, tea or cola with the device in place. Always brush teeth thoroughly before use.

Possible Side Effects

You may experience temporary side effects, including jaw joint soreness, increased salivation, dry mouth, tooth sensitivity, irritation of the soft tissues in the mouth, or a slight change in your bite. These effects typically resolve within an hour after removing the device. If any symptoms persist or worsen, contact your dentist promptly.

Crafted For Better Sleep

Your DynaFlex Milled Dorsal® is custom-made with precision and clinical expertise to support healthy, restorative sleep.

Each device is individually manufactured using advanced technology and high-quality materials to ensure comfort, durability, and reliable performance night after night.

Sleep plays a vital role in your overall health — from heart function to daily energy and mental clarity. By wearing your appliance as directed, you are taking an important step toward protecting your long-term well-being.

Sleep deeply. Live fully.



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