



SOL
Simply Ortho Lab

PATIENT MDSA INSTRUCTIONS

You have been prescribed a sleep appliance. This appliance is called a MDSA. To use your MDSA, simply follow these instructions

- Place upper plate in mouth and press in firmly
- Place lower plate in mouth and press down firmly
- To engage push lower jaw forward and up until the hook on the upper engages with the plate on the lower

CLEANING INSTRUCTIONS

To keep your Sleep Appliance looking good, simply follow the instructions below.

- Rinse before each use
- Wash with warm soapy water after each use
- Do not scrub with toothpaste
- Store the appliance in its case
- Keep out of direct sunlight
- Do not use hot water as it will distort the material
- To clean the appliance use a mild detergent and warm water. Do not use denture cleaners as it can be too abrasive.