

## *Insertion Instructions for the SUAD™ Device*

1. Assemble **The SUAD™ Device** by placing the lower rods into the upper tubes keeping both halves in the same horseshoe shape. Note that the smooth flat surfaces must be facing each other when the appliance is assembled. Place the elastics onto the elastic holders as shown in the picture unless directed differently by your Dental Practitioner.
2. **The SUAD™ Device should** be soaked in warm water for approximately 1 – 2 minutes prior to insertion. The material that fits against your teeth is a thermo-molecular material that softens when heated allowing for easier placement of the device. Do not heat the water with any device such as a kettle or cook top as this will cause distortion or destroy the thermo-molecular material.
3. While **The SUAD™ Device** is soaking in the warm water, thoroughly brush and floss your teeth. If you have had any coffee, tea, or cigarettes during the day they will leave a fine film on your teeth and due to the nature of the thermo-molecular material, failure to brush your teeth will result in staining of the device. Please note that older amalgam (metal) fillings may cause a discoloration to the inner portion of the appliance. This discoloration will not affect the function or longevity of **The SUAD™ Device**.
4. **Each arch must be gently fitted onto the teeth by hand; DO NOT BITE INTO PLACE as this may cause the inner material to separate from the outer shell (delaminating) which may not be covered by your warranty.** Holding onto the lower arch of the assembled device, place **The SUAD™ Device** into your mouth and push the whole appliance upwards onto your upper teeth. Now using your index finger on both hands, separate the two halves of the appliance and gently push the lower arch onto your lower teeth. Close your jaw to further seat the device into place.
5. Upon removal from the mouth, the SUAD™ Device should be rinsed in cold water and then cleaned with toothpaste and toothbrush.



The SUAD™ Device should be soaked daily in a denture cleaner. We recommend using a full tablet of the 5 Minute Polident or Polident for Partials denture-cleaning tablets. It is not necessary to take the device out of the cleaning solution after the 5 minutes, as the solution loses its effects quickly and is safe for all-day soaking. Using 30 minute or daily cleaner will turn the material white and cause the material to dry out.

6. Do not forget to brush and floss your natural teeth after you have removed the SUAD™ Device.
7. If using orthodontic elastic; do not replace them daily; replace them approximately every 2-3 weeks.