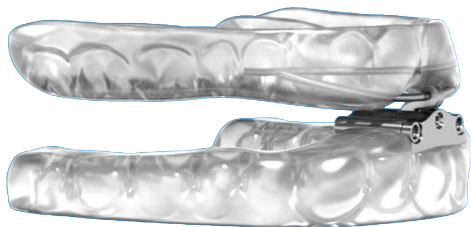


# ACCUTHERM™

## Quick Fitting Guide



[TAPINTOSLEEP.COM/ACCUTHERM](http://TAPINTOSLEEP.COM/ACCUTHERM)

## BEFORE FITTING

Before fitting the custom TAP Appliance with AccuTherm trays, wash and rinse thoroughly.

### STEP 1

Place the Upper Tray over the upper teeth. If the tray does not fit comfortably or with proper retention, proceed with adjusting the trays.

### STEP 2

Place the tray in hot water until the AccuTherm tray turns mostly clear.

**NOTE:** You can submerge the whole tray or just the portion that needs to be adjusted.

## WARNING

**DO NOT leave the tray unattended. The tray should be removed AS SOON as it turns clear, which can happen very quickly. Leaving the tray in hot water can cause it to warp.**

### STEP 3

Place the softened tray over the teeth.

### STEP 4

Push the appliance over the teeth with even pressure. Do not rock the appliance over the teeth.

### STEP 5

Remove the tray from the patients mouth and place into or run under cool water to speed the cooling process.

### STEP 6

Repeat steps 1-5 with the Lower Tray

## ADDITIONAL QUESTIONS

Refer to the full AccuTherm Instructions provided with the appliance or visit [TAPintoSleep.com/AccuTherm](http://TAPintoSleep.com/AccuTherm) to view a fitting video.