

Occlusion trainer

Due to wearing the protrusion splint, your lower jaw is moved forward during the night. As a result, slight pain in jaw muscles or joints may occur. A temporary bite change is also possible. The occlusion trainer assists you in bringing your jaw back into the normal bite position. To do this, proceed as follows:

1. Place one of the enclosed occlusion trainers between your front teeth ensuring that the back teeth are not touching each other.
2. While holding the occlusion trainer with your anterior teeth, try to push the lower jaw first forward and then backward.
3. Once you moved the jaw to a backward position, try to squeeze the back teeth together.
4. Please repeat this procedure until you feel that your teeth are back in the correct bite position.



Hint:

We recommend doing this exercise every morning after removing your splint, to prevent possible bite displacement.

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