



# FITTING GUIDE

## BEFORE FITTING YOUR MYTAP



1. Disengage the upper and lower trays by unscrewing the Adjustment Dial from the Adjustment Mechanism and sliding it out from the Adjustment Post.

Set aside the Adjustment Dial and Lower Tray.

Be sure to fit the AM Aligner **BEFORE** using your myTAP.

For you tube video instructions:  
<https://youtu.be/7o3RNB5Qk1Q>

## FITTING THE UPPER TRAY



1. Place the Upper Tray over your upper teeth. Bite gently to check that your teeth fit within the flat surface of the tray. If not, you will need to narrow or widen the tray later in the fitting process (see step 4).



2. Pour **boiling** water into a bowl. Submerge the tray in the water for 1 minute.



3. Remove the tray with a pair of tweezers. Shake off the excess water and wait 20 seconds, allowing the tray to cool slightly.



4. If the tray is too narrow or too wide, either squeeze the molar area of the tray together or pull it apart depending on the size of the arch.



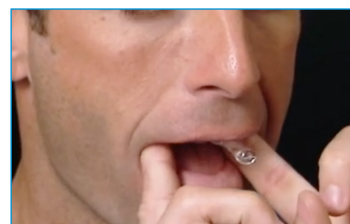
5. Place the tray over the upper teeth.



6. With the tray in the mouth, be sure that the Adjustment Post is directly aligned under the nose, which will center the tray. This can be accomplished by looking in a mirror.



7. For 1 minute, bite down and close your lips around the tray. Suck on the tray while pressing your tongue against the inner side walls to create suction. Let your lips press naturally against it.



8. After the first minute, use your fingers to smooth any excess material to create a flat surface over the molars. Allow the tray to cool on the teeth for an additional 3 minutes.



9. Place your fingers on the top edge of the tray on both sides along the molars and pull downwards to remove the tray. It may appear loose but will continue to tighten as it cools.

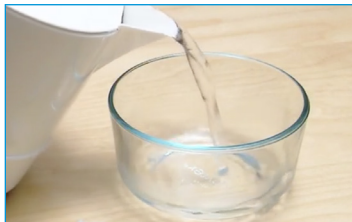


10. Run the tray under cool water to speed the cooling process. Set the Upper Tray aside to completely cool while you fit the Lower Tray.

## FITTING THE LOWER TRAY



**1.** Place the Lower Tray over your lower teeth. Bite gently to check that your teeth fit within the flat surface of the tray. If not, you will need to narrow or widen the tray later in the fitting process (see step 4).



**2.** Pour **boiling** water into a bowl. Submerge the tray in the water for 1 minute.



**3.** Remove the tray with a pair of tongs. Shake off the excess water and wait 20 seconds, allowing the tray to cool slightly.



**4.** If the tray is too narrow or too wide, either squeeze the molar area of the tray together or pull it apart depending on the size of the arch.



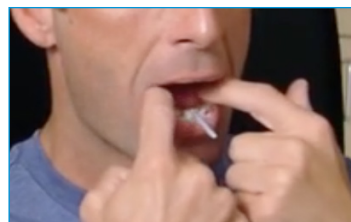
**5.** Place the tray over the lower teeth.



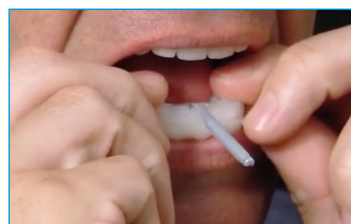
**6.** With the tray in the mouth, be sure that the Adjustment Mechanism is directly aligned under the nose, which will center the tray. This can be accomplished by looking in a mirror.



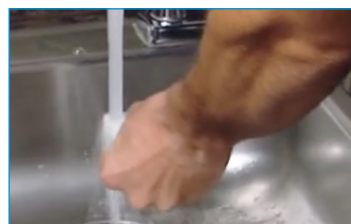
**7.** For 1 minute, bite down and close your lips around the tray. Suck on the tray while pressing your tongue against the inner side walls to create suction. Press your fingers below your lip and against the front part of the tray.



**8.** After the first minute, use your fingers to smooth any excess material to create a flat surface over the molars. Allow the tray to cool on the teeth for an additional 3 minutes.



**9.** Place your fingers on the bottom edge of the tray on both sides along the molars and push upwards to remove the tray. It may appear loose but will continue to tighten as it cools.



**10.** Run the tray under cool water to speed the cooling process. Set the Upper Tray aside to completely cool while you fit the Lower Tray.

## REASSEMBLE THE MYTAP



**1.** To reassemble the myTAP, slide the Adjustment Mechanism into the Adjustment Post and screw the Adjustment Dial back on.

## TITRATING YOUR MYTAP

**1.** Start the myTAP at a comfortable position. For most patients, this is “end to end” where your upper teeth are directly over the lower. It’s important to start using the myTAP at a position that is COMFORTABLE for you.

**2.** Gradually advance the jaw by turning the adjustment dial 180° (1/3 mm) counter clockwise every 2-3 nights until symptoms are alleviated.

## FAQs

**1.** If the trays are too tight, run the tray under hot water. Insert the tray into the mouth and move the tray back and forth to create “room”.

**2.** If the trays are too loose, repeat the entire fitting process and press the tray harder against your teeth with your fingers and tongue. Additional suction and formation using your fingers on the tray may be needed.

**3.** After the initial fitting, the trays will continue to cool and shrink. A somewhat loose fit after the initial fitting is recommended. When using the myTAP at night, the trays should fit snugly but not so tight they are uncomfortable.

**4.** If you have an implant, the tray may seem tight on that tooth. After the first 3 minutes of the initial fitting, take the tray out of the mouth and widen the area around the implant. This will reduce pressure on the implant.