

# MUNCHIES®

## EPS: Quick Start Guide

1. With your aligners in place, put your top teeth into the bigger groove on the Munchies EPS and bite your lower teeth against it. Bite on all your front teeth for about 20 seconds each.



*Please turn over the page for more instructions*



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- 2.** With your aligners in place, put your bottom teeth into the smaller groove on the Munchies EPS and bite your top teeth against it. Bite on all your front teeth for about 20 seconds each.

- 3.** With your aligners in place, put the ridged end of the Munchies EPS between your upper and lower back teeth on one side of your mouth and bite up and down for 30 seconds.



**You will feel the aligner fit far better.**

*Repeat on the other side of your mouth.*

- 4.** Repeat this process each time you re-insert your aligners.

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Refer to Instruction for Use for full information including warnings and precautions at [www.orthomunchies.com](http://www.orthomunchies.com)

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