

## AQUALIZER® INSTRUCTIONS

**INSERTION** The Aqualizer® is usually worn on the upper dental arch. Follow illustrations 1 through 5 for insertion. Note that the Aqualizer® is worn tucked under the front upper lip with the two fluid pads positioned between the biting surfaces of the upper and lower back teeth. **WHILE WEARING THE AQUALIZER®, JUST RELAX AND REST YOUR TEETH AGAINST IT. IT IS NOT NECESSARY TO CLENCH.** After proper insertion, your muscles will automatically move your jaw into its most comfortable position.

**HOW TO START USING YOUR AQUALIZER®** Wear this Aqualizer® when you either have or feel muscle pain in your jaw, head, neck or shoulders just starting to come on. Wear twice as long as it takes for pain relief or a minimum of 20 minutes, then remove the Aqualizer® until symptoms begin reappearing. Repeat as necessary.

**AQUALIZER® REPLACEMENT** The Aqualizer® is a temporary, disposable appliance. Use-life depends on how forceful a person's "bite" is. During wear, the Aqualizer® will gradually lose its fluid (deionized water.) When there isn't enough fluid to create the "floating action," your symptoms may start to return. Switch to a new Aqualizer® when this occurs. The Aqualizer® should be replaced at regular intervals. In rare instances, an individual may habitually bite through the Aqualizer®. Such persons may either require having their "bite" adjusted by a dentist, or possibly have to discontinue using the Aqualizer®.

**CARING FOR YOUR AQUALIZER®** Clean daily by washing with soap and water or mouthwash. If the Aqualizer® is to be stored for more than a month, keep it frozen. This will minimize fluid loss. Defrost completely before re-inserting in the mouth.

**CONTROL DISCOMFORT AND BRUXISM (LONGER TERM WEAR)** When the Aqualizer® is to be worn long-term, protect the oral tissues by not wearing it for more than eight hours in any 24-hour period. **WEAR THE AQUALIZER® FOR AS FEW HOURS AS NECESSARY TO RELIEVE DISCOMFORT, EITHER WHILE SLEEPING OR DURING DAYTIME PERIODS OF STRESS OR PAIN.**

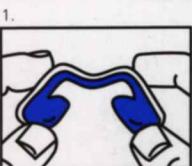
**FLOATING ACTION IMPORTANT:** To get maximum pain relief and muscle relaxation while wearing the Aqualizer®, (1) you must have enough natural or false back teeth for the fluid pads (the water bed) to "float" your jaw, (2) **BOTH FLUID PADS MUST ALWAYS STAY BETWEEN THE BACK UPPER AND LOWER TEETH** and (3) there must be enough fluid in the pads to prevent your teeth from touching through the fluid layer. This ensures that the Aqualizer's hydrostatic principle can work effectively.

**ADVERSE REACTIONS** Remove the Aqualizer® if oral irritation or other problems develop and inform your doctor. Reinsert it after the irritation subsides. Alternatively, (1) invert the Aqualizer® and wear it on the lower jaw, or (2) pad the irritating area of the Aqualizer® with soft orthodontic wax.

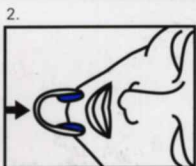
**WARNING: DO NOT USE THE AQUALIZER® IF YOU LACK A NORMAL GAG REFLEX.** Each Aqualizer® is designed for use by only one person.

**MANUFACTURED BY: JUMAR CORPORATION, USA**

Made in USA. Contents: Deionized Water



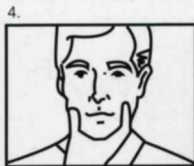
1. Remove the Aqualizer® from its card and hold it in both hands with the padded side up. Bend the two L-shaped fluid-filled pads toward you, and toward each other, forming the Aqualizer® into a horseshoe as shown.



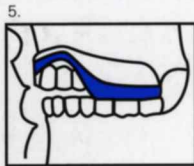
2. Insert the Aqualizer® into the mouth, pads first, tucking the center "U" shaped curve up and under the upper lip. The two L-shaped fluid-filled pads should rest between the upper and lower back teeth.



3. Bite gently on the pads to mold them slightly then just relax on the water bed system. *You should be biting ONLY on the two fluid-filled pads and NOT on the padded edge.* Remember this "cushiony" feel.



4. If this "feel" is lost, one or both of the pads may have slipped out from between the teeth. Reposition your Aqualizer® by pressing both sides of the face at the same time, gently, at tooth level. Do this whenever necessary.



5. When you are wearing the Aqualizer®, it should fit as shown above. In order to receive full benefit, it is important to remember that both fluid-filled pads **MUST ALWAYS** stay between the back teeth.

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