

# How to Adjust the GLO MOUTHPIECE

The GLO Mouthpiece is flexible and universally-sized to fit most mouths. However, for patients with particularly wide arches or open bites, the mouthpiece may require adjustment in order to fit properly. Please follow these recommendations to adjust the mouthpiece:

**1** TEST the GLO Mouthpiece prior to patient use.

**2** WIDE ARCH

If the patient has a wide arch, the mouthpiece may pop out or not seat onto the teeth.

**INSTRUCTIONS:**

- First, stretch the mouthpiece by gently pulling it open. Check the fit in the the patient's mouth.
- If this is not sufficient, heat a bowl of water in the microwave or use hot water from a filtered water cooler. The water should be approximately 104°F. Soak the mouthpiece only (leave the cord hanging outside of the water) for 3-5 minutes. Then gently stretch the mouthpiece open until it is wide enough to fit the patient's arch.

**3** OPEN BITE

Another reason the mouthpiece may not fit properly is when the patient has an open bite where the front upper and lower teeth do not touch.

**INSTRUCTIONS:**

- Place 1 cotton roll underneath the mouthpiece and above the lower lip.
- If necessary, place another cotton roll below the upper lip.

