

How to Use the Open Wide[®] Mouth Rest



1

Insert Mouth Rest with the ridges facing left and right. The Mouth Rest can be dipped in jelly or applesauce to encourage opening, if needed.



2

Turn the Mouth Rest up so that only the **back** teeth are positioned on the ridges.



3

Brush teeth on the **opposite** side of the Mouth Rest. Move the mouth rest to the side just-brushed, and brush the teeth on the other side.



Front teeth should **NOT** bite down on Mouth Rest

WRONG

IMPORTANT! Note that **ONLY** the **BACK** teeth should rest on the mouth rest, **NOT** the front teeth.



If the person clenches, such that you cannot get the mouth rest into the mouth, try dipping the mouth rest into applesauce or jelly before inserting.