



## Cleaning and Care Instructions



**For A Better Night's Sleep**



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## Indications for Use:

The EMA 3D is a removable medical device that is fitted in the patient's mouth and is intended to reduce or alleviate snoring and mild to moderate obstructive sleep apnea (OSA) in adults.

## How to clean your EMA 3D:

- Step 1:**
- Place appliances side by side, teeth cavities up, into the container.



- Step 2:**
- Prepare hot tap water.



- Pour into container, submerging appliances.

- Step 3:**
- Add Polident / Retainer Brite tablet.



- Step 4: Standard Cleaning Protocol**

*Daily Cleaning*

- Soak for 1-2 hours.



**Deep Cleaning Protocol**

*Days Without Cleaning*

- Soak for at least 8 hours.
- Rinse appliances with running tap water and gently brush to remove any tablet residue from the surface.



**DO NOT** soak the appliance in mouthwash and/or Alcohol.  
**Keep away from pets.**



## Call your dental office:

- If your bite still feels off
- You experience severe pain in either of your temporo mandibular joints (TMJ)
- Your appliance becomes loose and comes off your teeth too easily
- Your teeth remain sore for more than a half-hour after removing the appliance
- You develop any sore areas on the soft tissues of your mouth

