



Oral Stretching by Mebeos Neurophysiological Stimulation Device



INSTRUCTIONS FOR USE

REF FZ001/06, FZ001/12, FZ001/18

Patented Neurophysiological Stimulation Device, produced in biocompatible elastomer, made in three different sizes of 6 mm, 12 mm and 18 mm for stretching the cervico-facial muscle complex.

INDICATIONS

It can be used by adults and children over 8 years of age. The different formats perform different levels of stretching. It is advisable to always proceed from using the smallest to the largest size to identify the most appropriate self-stimulation.

WHEN TO USE IT

The device can be used daily, as stress and nervous tension involuntarily lead to clenching of the teeth with consequent fatigue of the facial and cervical muscles.

HOW TO USE IT

The device should preferably be used sitting, held for a variable time of at least 2/3 minutes, which can be continued until a feeling of relaxation of muscle tension and well-being is achieved. It is not recommended to use it during physical activity.

To be used for the following dysfunctional symptoms:

- parafunctional activities, as bruxism;
- nail biting, smoking, finger sucking;
- muscle and joint pain, back pain, neck pain, mild headache;
- sleep disorders.

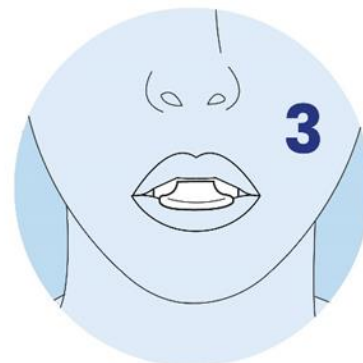
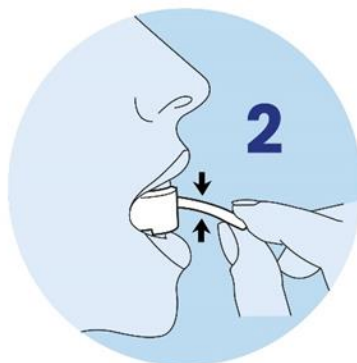
In case of no remission or improvement after the use of the device, you are advised to consult your doctor or specialist.

To be used to improve conditions or performances such as:

- postural stability;
- in particularly stressful or anxious situations, as an inducer of relaxation ;
- during physiotherapy treatments;
- before and after physical or sport activity;
- before and after aesthetic medicine and dental treatments that can cause painful symptoms (after minor oral surgery, including implantology);
- during the day, sitting at the PC;
- on a plane (at take-off, during the flight and during the landing phase);
- before an emotional or physical commitment, or whatever requires a greater ability to concentrate;
- before falling asleep or during the night, if awake to fall asleep again.

HOW TO APPLY THE DEVICE

- 1) Take the support bar of the device between the thumb and forefinger, with the flap facing the palate (fig. 1), apply it the first time in front of a mirror.
- 2) Insert the device in the mouth, positioning the upper teeth in the appropriate groove, so that the lower teeth will go into an aligned position (fig. 2).
- 3) Place the tongue on the flap and compress the tongue into the small round hole.
- 4) Close your mouth gently (fig. 3).
- 5) If the device is unstable, repeat the application more carefully.
- 6) After its insertion it is recommended to perform diaphragmatic breathing (with short inspiration times, 5 sec, and longer expiration times, if possible up to 15 sec), that must be continued while holding the device.



TIME AND METHOD OF USE

The first time, after having inserted it in front of the mirror, stay in a sitting position with your back straight and your feet resting on the floor for a period of at least 2/3 minutes; suspend for a minute and then repeat the operation, always accompanied by diaphragmatic breathing (with short inspiration times, 5 sec, and longer expiration times, if possible up to 15 sec), that must be continued while holding the device.

The following times, preferably use it in a sitting position, but it is also possible to put it in the other positions described above, which do not necessarily require a sitting position.

Later it can also be used for longer times, at the discretion of the subject, based on the feeling of relief and relaxation achieved.

WARNINGS

Using the device could cause a slight sense of nausea and a slight sense of dizziness, in which case, remove it for a few minutes and then put it back. Even if you experience a temporary soreness of the facial muscles, not accustomed to stretching, continue for three minutes, then suspend and resume later.

If you have difficulty swallowing saliva, remove it momentarily, swallow and then reinsert the device. In the event of allergy to the material, immediately suspend the application and consult your doctor.

INFO FOR THE USER

Before use, the device can be immersed in a glass of hot water for a few minutes. Increasing the immersion time and temperature will make it softer, this way, the user can choose the most suitable degree of consistency for stretching. In any case, do not immerse while the water is boiling.

Careful oral hygiene is recommended before use. After each application, wash the device, dry it and place it in its container.

- a) Do not clean the device with abrasive products or with products intended for cleaning acrylic resin prostheses or metal prostheses; use only oral hygiene products.
- b) Avoid storing the device near heat sources.
- c) The product is not resistant to chemical agents with oxidizing effect and strong acids. The material is not visible on X- rays.
- d) Non-flammable device.

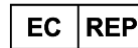
Check the reference number on the package.

DEVICE LIFE: Class 1 CE device. It is recommended to replace the device after regular use of approximately 60 days. Store in its package, do not expose to direct sunlight, keep the package away from heat sources and in a dry environment.

It is necessary to report any serious accident occurring in relation to the medical device supplied by us, to the manufacturer and to the competent authority of the Member State in which it is based.



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