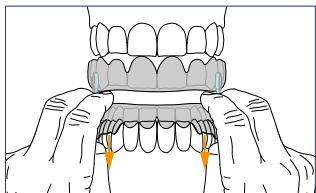


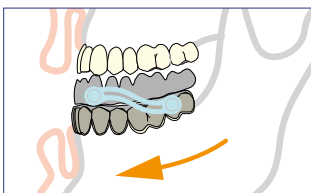
# How to insert & remove your Silensor-sl

## HOW TO FIT YOUR SILENSOR-SL



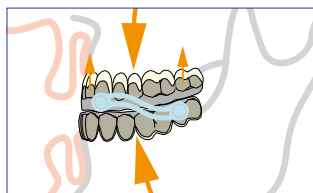
### Step 1

Insert the lower splint first using both hands



### Step 2

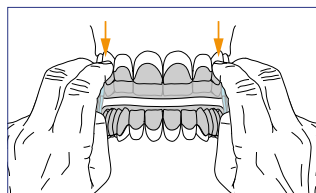
Move your lower jaw forward until the upper splint aligns with your teeth



### Step 3

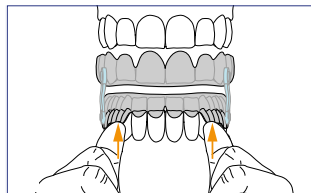
Then insert your upper teeth into the upper splint

## HOW TO REMOVE YOUR SILENSOR-SL



### Step 1

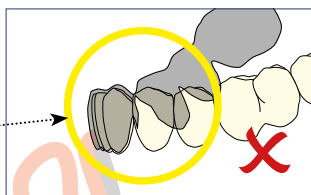
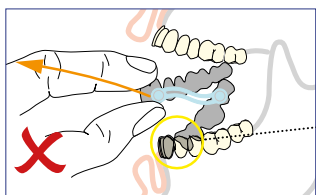
Remove the upper splint first using both hands



### Step 2

Then remove the lower splint using both hands

## WARNING



Do not pull the splint out using one hand as this could damage the splint and may cause you discomfort

### Important

Please ensure you follow the advice and instructions of your dentist