Myobrace rules

1. When you`re not eating or talking, you must breath through your nose, keep your tongue on the roof of your mouth and lips closed, even you`re not wearing Myobrace.

2. When you breath normally, you must breath with your diaphragm, that is, with your belly, without moving your shoulders or head.

3. The tip of your tongue must always be on the tag when you wear Myobrace, and on the Right Spot (behind your front upper central incisives) whent you don`t wear it.

4. **Do not chew the device!**

5. When you wear Myobrace during the day, you must keep your lips completely closed.

6. Do not speak with the device on, if you have to swallow, you do not have to take it off.

7. The device must be worn **1h a day** with the lips closed **and all night** + the time required to do the exercises, every day. If you lose it at night you have to practise more with the breathing exercises.

8. Every time you remove Myobrace you have to rinse it immediately under warm running water to remove the saliva immediately. Twice a week you disinfect it in a glass with a tablet.

9. Every day you have to do the Myobrace exercises.

10. **At each appointment you have to bring all devices.**

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