



VIVOS[®] 

**Vivos Guide Appliance
Patient Instructions**



Instructions to Patients

Vivos Guides

The Vivos Guides are FDA registered Class I removable dental appliance tooth positioners that straighten and reposition teeth. Additionally, Vivos Guides may improve bad oral habits such as tongue thrusting, thumb and finger sucking, speech problems, mouth breathing, and swallowing, as well as dental conditions such as upper arch construction, crossbites, and bruxism.

When to Wear the Vivos Guide

The patient should wear the Vivos Guide every night when going to sleep. Nighttime is an important time to wear the appliance and train the patient to breathe through the nose instead of the mouth.

The dentist may also ask the patient to wear it at different times during the day, which should add up to the total hours recommended.

How to Wear the Vivos Guide

For patients with a VStarter appliance, there are three small bumps that form a triangle. Place the top bump facing upwards when inserting the VStarter into the mouth. The patient should find that the tongue is guided right up against the roof of the mouth. The tip of the tongue should apply pressure against the tab that rests against the back of the front teeth. This is the position the tongue should be in when swallowing.

Practice closing the lips together and holding them together when the appliance is in the mouth. When swallowing, the upper and lower teeth should be held together in the appliance, and the lips should be closed together. There should be no movement of the lips or chin. The patient should practice in front of a mirror until they can swallow without movement of the lower face.

Do not bite on the Vivos Guide in any other way than directed by the treating dentist, like gnawing on the ends, tabs, outer or inner flanges, etc.

If the patient sucks on their thumb and/or fingers, they should substitute the Vivos Guide for the thumb or fingers. Be sure and tell the treating dentist if they are still sucking on fingers during the day after two months of starting with the Vivos Guide.

At the discretion of the treating dentist, the use of the Vivos Grow and the Vivos Way Guides may require activewear during the day. Activewear treatment consists of one to four hours per day of daytime wear, where the patient bites or clenches down into the Vivos Grow or Vivos Way for one minute or more, then relaxes for 30 seconds. Activewear may be completed in 20-minute or more increments throughout the day or as directed by the treating dentist.



How to Care for the Vivos Guide

- Keep the appliance in its case and in a safe place when not wearing it.
- Always brush the teeth before wearing the appliance. Dye in some foods can turn the appliance a strange color. Brush a little extra if you have eaten any foods that contain dark food coloring.
- Remember, the top of the appliance has the V in it, which goes on the top teeth.
- Before going to bed, brush the teeth and rinse the appliance with warm water.
- Rinse the appliance with water after wearing it. In the morning, brush the appliance with toothpaste, just like when brushing the teeth.
- Never use boiling water, the microwave, or the dishwasher to clean the appliance.

- If the patient is sick, be sure to clean the Vivos appliance extra well to make sure the patient doesn't get sick again. Soak the appliance in an antibacterial mouthwash to kill all the germs.
- Call the office right away if the patient has lost the Vivos appliance.



What to Expect from the Vivos Guide

The Vivos Guide works as a direct result of the patient's effort. The regular wear and the conscious diligence in practicing the correct tongue position during rest and swallowing are very important for the success of the treatment.

It may be common to exhibit some of the following while using the Vivos Guides:

- Tooth movement or changes in the dental occlusion
- Gum or mouth tissue soreness and/or soreness of the teeth
- Pain or soreness of the temporomandibular joint(s)
- Obstruction of oral breathing
- Excessive salivation

If the patient has problems or questions, call the doctor and keep track of the wear each day and night on this chart so that the progress can be properly monitored.

Keep a Diary

It may be helpful for the patient (or the patient's parents) to keep a diary or journal of the following:

1. What days the patient wears the Vivos Guide
2. How long the patient wears the Vivos Guide at a time
3. Whether or not the Vivos Guide stayed in the mouth all night
4. How the patient felt each day, particularly when waking up in the morning

This journal or diary should be brought to every appointment.

Storage

When not in use, The VStarter should be stored dry in the retainer case provided to the patient by the treating dentist.

Regular Inspection of the Vivos Guide

While cleaning the Vivos Guide, look for signs of damage or cracks. If the device appears damaged, discontinue use and immediately contact the treating dentist to arrange for repairs or replacement. Failure to do so may result in injury, including swallowing or aspiration (breathing in) of pieces of the device.

Due to stresses on the appliance while you sleep (such as occasional grinding of the teeth), it is possible that the device may break down or become damaged over time. Check the appliance each night before use, and each time that you clean it, check for any damage. If there is visual damage, contact the dentist immediately to determine if it is OK to use the appliance or if a repair or a replacement is needed.

For doctor instructions, please log into the Vivos provider portal at aire.vivoslife.com.

Contraindications

The following patient conditions or symptoms may be contraindications for treatment with the Vivos Guides series of appliances.

- Have central or severe sleep apnea
- Have severe respiratory disorders
- Have severe TMJ where there is limited opening (two fingers or less)
- Have loose teeth, significant alveolar bone loss/ advanced periodontal disease
- Have insufficient permanent or deciduous teeth for retention
- Have root damage or root resorption with overbite ≥ 3 mm
- Have suspected problems of cyst, bone issues, or radiolucent areas
- Have dentures/braces or be using other dental appliances

- Have excessively narrow palate with bilateral crossbite
- Have a skeletal class III malocclusion
- Have crowns, implants, or caps, unless otherwise approved by their dentist

Other problems might exist for which the dentist must decide before proceeding.

Warnings

Use of the device may cause the following:

- Tooth movement or changes in the bite
- Gum or mouth tissue soreness and/or soreness of the teeth
- Pain or soreness of the temporomandibular joint(s)
- Obstruction of oral breathing
- Excessive salivation

Precautions

Dentists should consider the medical and dental history of patients, including a history of asthma, breathing or respiratory disorders, or other relevant health problems, and refer the patient to the appropriate healthcare provider before prescribing the device.



Contact the treating dentist if you have any questions regarding the proper use or care of the Vivos Guide, if you notice any breakdown of the appliance, or if you have any problems or side effects.





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