

Avera Nylon Water Adjustment Procedure

What you'll need:

- Tea kettle (with digital thermometer)
- Dental pliers (with rubber tips)
- 2x bowls (for hot and cold water)
- Heat-resistant safety gloves
- The patient's dental model
- The patient's Avera device

According to the patient, is the device...

Too tight?

OR

Too loose?



Step 1:

Heat water to 85°C - 90°C.



Step 2:

Identify the "tight" area on the device arch.



Step 3:

With dental pliers, dip the whole or part of the arch in the hot water for **1 minute**.



Step 4:

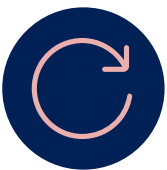
Place the arch in cool water for **5 seconds**.



Step 5:

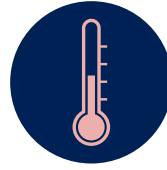
Place the arch 75% on the patient's dental model.

NOTE: Never push the arch 100% down on the model, as it may result in a generalized over-loosened device.



Step 6:

Return the arch to the patient to evaluate fit difference. Repeat as needed.



Step 1:

Heat water to 85°C - 90°C.



Step 2:

Identify the "loose" area on the device arch.



Step 3:

With dental pliers, dip the whole or part of the arch in the hot water for **1 minute**.



Step 4:

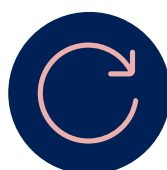
With your fingers, lightly squeeze the identified loose area for **5 seconds**.



Step 5:

While continuing to squeeze the device, place the arch in cool water for **5 seconds**.

NOTE: Gentle squeezing of the device is recommended in case repeat attempts to adjust fit may be necessary.



Step 6:

Return the arch to the patient to evaluate fit difference. Repeat as needed.