

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.



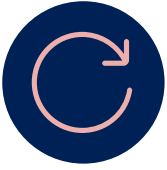
Step 3:
With dental pliers, dip the
whole or part of the arch in
the hot water for **1 minute**.



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.



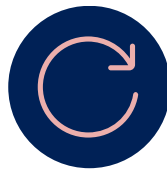
Step 3:
With dental pliers, dip the
whole or part of the arch in
the hot water for **1 minute**.



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.