

## MEDICARE CLEARED OPTIONS NASAL DILATORS & TONGUE LIFTERS

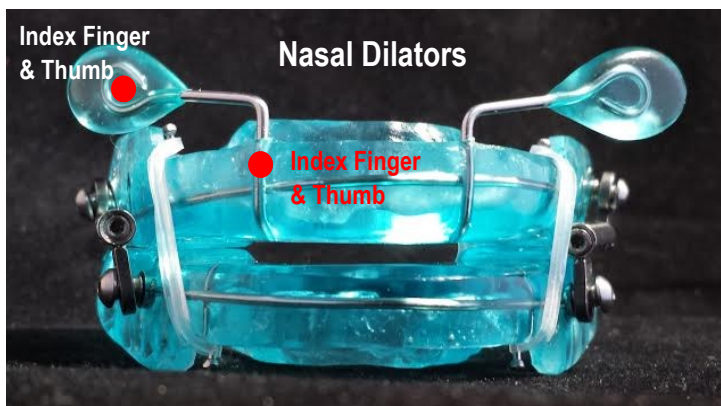
If you have prescribed the OASYS Hinge Appliance with Nasal Dilators, they can be adjusted in the mouth or outside.

### Adjusting the Nasal Dilators while in the Mouth

With finger pressure, pulling the button out or out & up to increase stimulation for better nasal breathing or push inward to reduce uncomfortable pressure.

### If Holding the Device in your Hands.

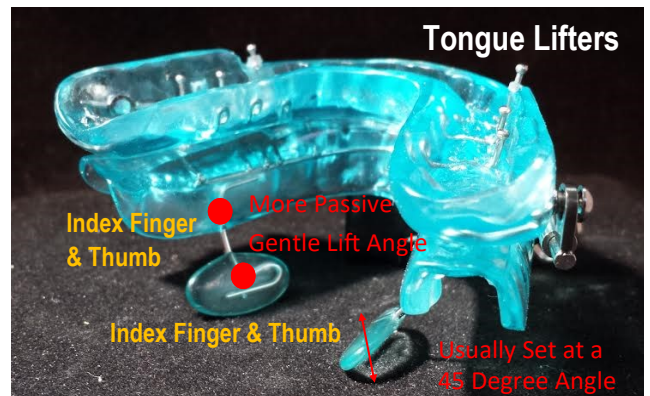
Using Both of Your Index Fingers & Thumbs, Pull the Button Out or Out/Up to Increase Stimulation for Better Nasal Breathing; Push Button inward to Lessen Pressure.



### NASAL DILATORS



### Tongue Lifters



For a more comfortable setting. Using Both of Your Index Fingers & Thumbs, Reposition the Buttons. The acrylic Buttons can be reshaped smaller, if needed.