



Pain-free brushing as you heal

Mouth-Mate™ Instructions for Use

Mouth-Mate™ is as easy to use as a toothbrush, protects oral wounds and reduces pain during brushing, which can help reduce infections and promote healing.

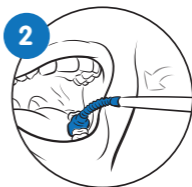
The most important thing you can do to improve your recovery at home and reduce the risk of painful infection is brushing your teeth. The best time to start using Mouth-Mate™ is the 3rd day after your procedure. Use as directed every time you brush your teeth for the next 7 to 10 days or more until you feel the wound has recovered. You can use Mouth-Mate™ for any wound, anywhere in the mouth.

Mouth-Mate™ General Use Instructions

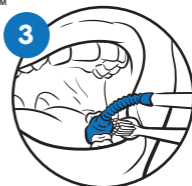
Mouth-Mate™ has two ways to adjust and customize the comfort and fit just for you. To start, bend the blue adjustable arm end of Mouth-Mate™'s handle so it can comfortably fit over your wound. You can also rotate or swivel the blue tip cover at the end of the adjustable arm. Customizing the fit is very easy by making slight adjustments to ensure you feel the fit is most comfortable.



Mouth-Mate's tips are very soft and have been designed to hover over and protect the wound so you can have pain-free brushing as you heal. Gently place Mouth-Mate™ over your wound area (implants, bone grafts, extractions) as you look in a mirror. There are two options regardless of whether your wound is in the upper or lower mouth area. The **first** is to insert Mouth-Mate™ straight into the mouth from the same side as your wound alongside your cheek. The **second** option is to insert it from the other side of your mouth and across the tongue. Find the method that is easiest and most comfortable.



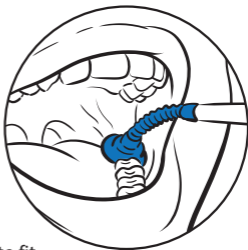
Once you place Mouth-Mate™ over the wound with one hand, you can pick up your toothbrush with your other hand and begin brushing your teeth. Gently brush close to the wound and remember to not move Mouth-Mate™ once it is in place.



Some patients may experience some confusion by looking in the mirror and using both hands. If this occurs, try not using a mirror when using the product and brushing.

Mouth-Mate™ Circle

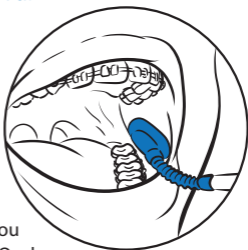
If you are using a **circular tip**, review steps 1-3 first, then gently place Mouth-Mate™ Circle over the wisdom tooth surgical area and begin brushing.



The circular tip was specifically designed to fit easily into the back of the mouth and comfortably cover a larger wound area such as wisdom teeth and gum surgeries. This tip can also be used for chronic canker and cold sores.

Mouth-Mate™ Oval

If you are using an **oval tip**, review steps 1-3 first, then gently place Mouth-Mate™ Oval over the wound on the inner cheek, tongue or gum so these areas are protected when you brush. Mouth-Mate™ Oval



can also protect painful gum or cheek sores caused by new braces and also be used to retract and spread the cheek wider to allow better access. Orthodontic patients can use Mouth-Mate™ immediately following their procedure.

For more information and to view patient videos demonstrating Mouth-Mate™, please go to our website

www.armor-dental.com

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The logo for ARMOR DENTAL features the word "ARMOR" in a bold, green, sans-serif font, followed by "DENTAL" in a blue, sans-serif font. A grey swoosh underline is positioned beneath the "ARMOR" text.

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