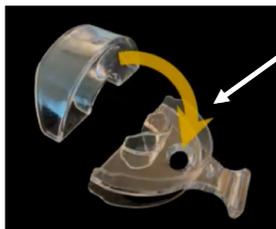
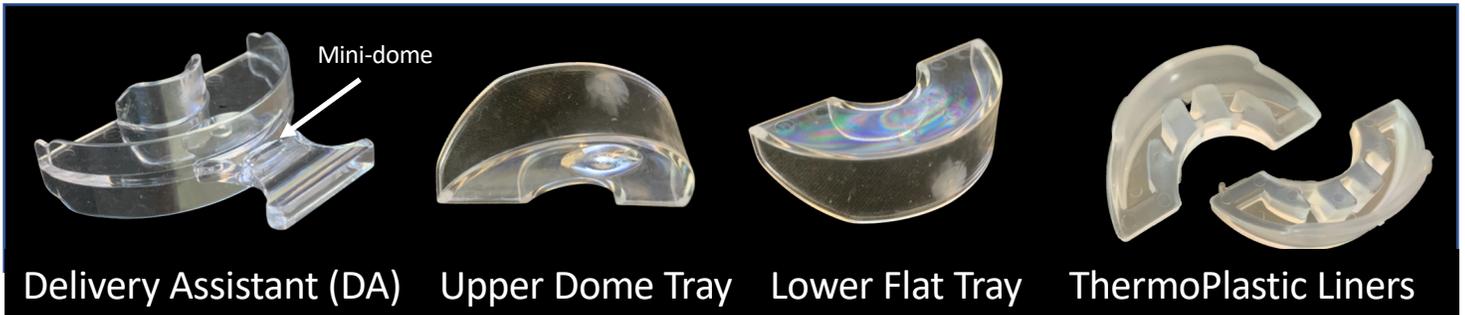




MigraineGuard Self-Fabrication



See video at MigrainePrevention.com

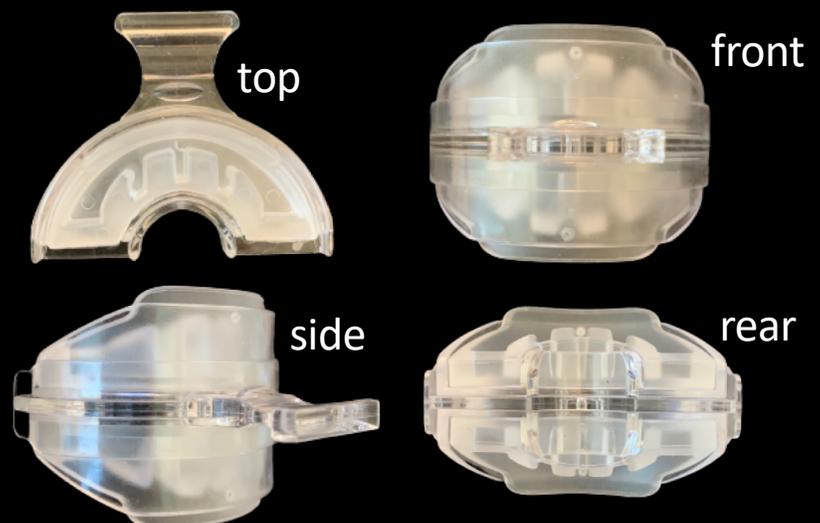


1. Insert the Upper Dome Tray into the Upper side of the DA
(the Upper side of the Delivery Assistant has a mini-dome on the handle)
2. Insert the Lower Flat Tray into the Lower side of the DA

3. TRIAL BITING: With the handle centered in the middle under your nose and the mini-dome facing up, insert the assembled device, bite down all the way, and clench on the device. This is to confirm the vertical walls of the trays are not binding on your gums, and to demonstrate what you're supposed to do in step 5.



4. Insert a ThermoPlastic liner into each tray. They are designed to be a snug fit and will fit exactly into each tray.





5. Pour boiling water into a coffee mug. Submerge the assembled parts up to the base of the handle.

(Easiest to use a coffee mug as most people don't have glass bowls as shown here).

Let sit for 3 MINUTES.

When 3 minutes is up, take a drink of ice water and do not swallow it until...



5. Remove the assembly from the mug, vigorously give it a shake to dispel the residual water, *swallow the ice water in your mouth*, then insert the assembly in your mouth as you did in step #3 (with the handle centered and mini-dome facing up) and *bite down as hard as you can* for 10 seconds.

Keep biting for an entire minute (but it doesn't have to be at full strength anymore) then remove and submerge the assembly in cool water.



Remove the Upper and Lower tray from the DA (they will have a snug fit).

You can now insert your MigraineGuard upper and lower tray and wear it while you sleep.

The provision of the DA ensures only the anti-clenching dome is in contact no matter where your jaw goes, making grinding impossible.

