

MYO SIMPLE

**The aid for growth guidance, functional
retraining in the oral and
Facial area and to support orthodontic
treatments**



Malocclusions on natural
**Prevent wisely and
treat**

WHO IS IT FOR?

From age 3 for children and
young people with:

Mouth breathing
atypical swallowing pattern
Misaligned teeth

WHY MYOSIMPLE

In childhood and adolescence, certain orofacial functions – such as breathing, swallowing, or tongue resting position – can be impaired. These impairments can lead to misaligned teeth.

MyoSimple is a myofunctional aid designed to restore orofacial balance – particularly breathing, swallowing and tongue resting position.

When used early, MyoSimple helps to relieve occlusion and prevent malocclusions. This makes subsequent orthodontic treatment easier.

MyoSimple is also very helpful in facilitating the transition between two orthodontic phases.

HOW MYOSIMPLE WORKS

MyoSimple is an aid for myofunctional rehabilitation. Once it is inserted in the mouth, it promotes:

- Nasal breathing instead of mouth breathing
- Tongue resting position on the palate,
- correct swallowing,
- a harmonious tooth position.

It is mainly worn at night, but depending on the recommendation of the treating professional, it can also be worn for a few hours during the day – during quiet activities such as reading, homework, traveling or screen time.



The average treatment duration is 6 to 12 months, but this can vary depending on individual needs. Your healthcare professional will advise you on the appropriate treatment duration.



CARE

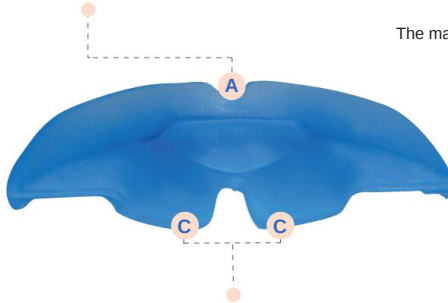
Clean the device before and after each use with a toothbrush and toothpaste.

Tip: If the device falls out during the night – which is quite normal, especially at the beginning – there's no need to worry. Be consistent: Wearing it regularly will help you get used to it.

If necessary, a soft adhesive strip (e.g. a Leukopor®) can be applied to the lips to help keep the mouth closed during the night.

HOW IS MYOSIMPLE WORN?

The marker "A" is positioned in front of the upper teeth.



The marker "B" is positioned in front of the lower teeth.



The lingual ramp guides the tongue into its physiological resting position against the palate.

SUPPLEMENTARY EXERCISES

To support the effectiveness of the device, your healthcare professional may recommend simple exercises – focusing on:

- Nasal breathing
- Tongue resting position,
- Swallow,
- Pronunciation.

These exercises should be performed daily, for an average of 5-10 minutes per day, according to the recommendations of your healthcare professional.

KEY POINTS



MyoSimple should be worn every night



During the day: Apply for 1-2 hours
(during quiet activity)



MyoSimple clean morning and evening



Perform daily exercises,
provided these were prescribed



In case of loss, discomfort or pain, contact your
treating professional immediately.



BIOTECH DENTAL
ORTHO

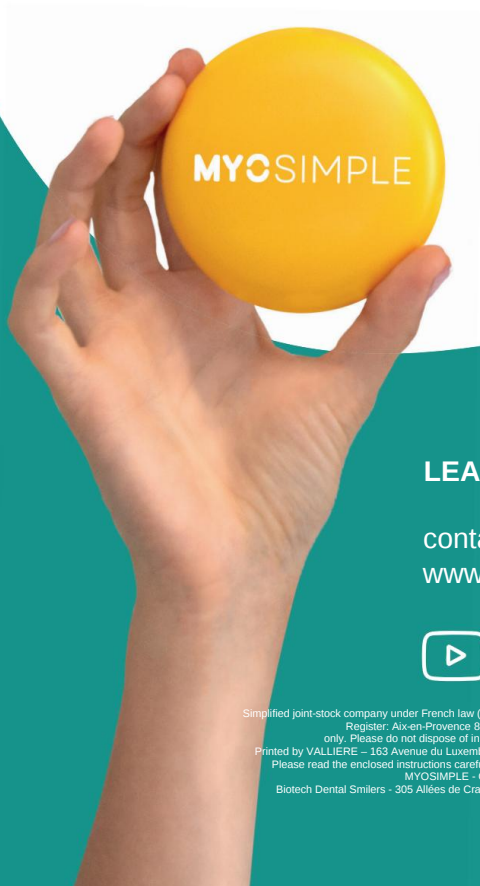
MYOSIMPLE

MYOSIMPLE

is a medical device that is entirely manufactured in France.

Free from latex, phthalates, endocrine disruptors and bisphenol.
CE certified.

All our equipment is packaged in ESAT factories –
French sheltered workshops for people with disabilities.



LEARN MORE

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www.myosimple.com



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