

FAQ – MyoSimple®

What is MyoSimple®?

MyoSimple® is a preformed oral appliance designed to support orofacial function, nasal breathing, tongue posture and functional balance. It can be used as part of a myofunctional or orthodontic support concept under professional guidance.

Is wearing MyoSimple® painful?

MyoSimple® should not cause pain. At the beginning, a feeling of pressure, increased saliva flow or mild muscular fatigue may occur because the mouth, tongue and facial muscles are adapting to a new position. If pain, pressure marks or strong discomfort occur, use should be stopped and a healthcare professional should be consulted.

From what age can MyoSimple® be used?

The appropriate age depends on the child's development, dentition, indication and ability to cooperate. MyoSimple® should ideally be selected and monitored by a dentist, orthodontist, speech therapist, ENT specialist or another trained healthcare professional.

Does MyoSimple® replace braces or orthodontic treatment?

No. MyoSimple® does not replace orthodontic treatment, braces or medical diagnosis. It may support functional rehabilitation and help address habits such as mouth breathing, incorrect tongue posture or dysfunctional swallowing as part of a broader treatment plan.

How long should MyoSimple® be worn each day?

A common protocol is daytime use for 1–2 hours in a calm setting, plus night-time use if recommended by the practitioner. The exact wearing time should always follow the individual treatment plan.

What should I do if MyoSimple® falls out during the night?

This can happen at the beginning. It usually means that the mouth and facial muscles are still adapting. Continue with the recommended daytime use and observe whether the appliance stays in place for longer over time. If it keeps falling out, professional reassessment is useful.

Can my child speak or eat while wearing MyoSimple®?

No. MyoSimple® is not intended for eating or speaking. It should be worn during calm activities, for example while reading, relaxing or doing quiet exercises. It should be removed before eating, drinking or active play.

How do I clean MyoSimple®?

Clean MyoSimple® after each use with lukewarm water and mild soap or toothpaste. Rinse well and let it air-dry before storing it in a clean container. Do not use aggressive cleaning agents and do not expose it to excessive heat unless this is specifically recommended by the manufacturer.

Can MyoSimple® be combined with exercises?

Yes. MyoSimple® is often used together with simple myofunctional exercises for nasal breathing, tongue posture and swallowing. These exercises should be selected according to the user's individual needs and ideally supervised by a qualified professional.

Can MyoSimple® be used together with Froggymouth®?

MyoSimple® and Froggymouth® are different devices with different therapeutic focuses. In some cases, they may complement each other within a professional treatment concept. The combined use should always be assessed by a healthcare professional.

What should I do if there is discomfort or irritation?

Stop using the appliance temporarily and check whether it is clean, intact and correctly positioned. If discomfort, irritation, pain or pressure marks persist, consult the supervising practitioner before continuing.

How long does treatment with MyoSimple® usually take?

Treatment duration depends on the indication, consistency of use and individual functional patterns. In many cases, several months of regular use may be required. The progress should be monitored by a qualified professional.

Who should supervise the use of MyoSimple®?

Use should ideally be guided by a dentist, orthodontist, speech therapist, ENT specialist, physiotherapist or another healthcare professional familiar with orofacial myofunctional therapy.

Important note

MyoSimple® is a supportive device and does not replace medical, orthodontic or therapeutic assessment. In case of breathing problems, sleep disorders, pain, strong mouth breathing or suspected tongue-tie, please seek professional advice.