How to clean devices

- It is recommended to clean your devices daily.
- Use the brush supplied to remove wax from the devices.
- Soak the devices in a cup containing a solution of water and mild soap (refrain from using dishwashing soap) for 5-10 minutes each day.

Some advice on wearing devices

There are no known side effects to wearing the Cerezen devices, but it is recommended that you discontinue wearing if you experience ear health issues not related to your TMD symptoms - e.g. ear infections, pain in ears, nausea/dizziness and/or ear drainage/swelling.

When not to wear devices

You should not be fitted for Cerezen devices if:
- You have active ear drainage, swelling, or redness.
- You have an unresolved history of ear pain unrelated to TMD.
- Your ear canal anatomy does not allow for fit of the inserts (e.g., too narrow or prolapsed [fallen] canal, or previous mastoid surgery).

Manufacturer:
Renew Group Private Limited,
6 Serangoon North Avenue 5,
#06-01 Singapore 554910

Manufacturer of note:
Renew Health Ltd,
IDA Business & Technology Park,
Garrycastle, Dublin Rd,
Athlone, Co Westmeath,
N37 F786, Ireland

For more information check out:
www.cerezen.eu

This is a custom made device.
How to insert devices

The left device is marked with a blue dot and the right is marked with a red dot.

1. Inserting one device at a time, hold the device as shown here.
2. Proceed to loosely insert the device into the outer ear.
3. Raise towards correct ear position as shown here.
4. Grasp your ear with one hand, as demonstrated in either of the above pictures, to help correctly navigate the device into the correct position within the ear canal. Open the mouth to a comfortably wide position. Push the Cerezen™ device gently inward into position using the index finger of your other hand.

Where resistance is met, a twisting motion can be applied in conjunction with manipulation of the outer ear to further aid insertion.

How to check devices are positioned properly

- There should be no "gap" between the ear canal and the device.
- It should be fully seated into the opening of the canal.
- The devices should not protrude or stick out of the ear canal entrances.

Optimal insertion

LEFT RIGHT

Cord too far out
Device too far out
Device upside down

Placement of device

For instructional video on how to insert/remove devices, please see the Cerezen YouTube channel.

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How to wear devices

Initially wear your devices for 2-3 hours a day, gradually build up wear-time by an hour a day. In the first two weeks - proceed with day time wear only to allow for acclimatisation of devices in your ears. Once devices are worn comfortably during all waking hours, start introducing night time wear. You can wear the devices for up to 23 hours per day - it is recommended to always remove devices for at least an hour a day.

Remove devices for showering, swimming and contact sports.

How to remove devices

Open mouth comfortably, grasping one device at a time by the removal cord. Pull gently outward, applying a slight twisting motion if necessary, until the devices clear the ear canals.

How to check devices

1. Initially wear your devices for 2-3 hours a day, gradually build up wear-time by an hour a day.
2. Initially wear your devices for 2-3 hours a day, gradually build up wear-time by an hour a day.
3. Initially wear your devices for 2-3 hours a day, gradually build up wear-time by an hour a day.
4. Initially wear your devices for 2-3 hours a day, gradually build up wear-time by an hour a day.