

PLEASE READ BEFORE USE

MYOTAPE does not cover the mouth. It surrounds the mouth, bringing the lips together with light elastic tension to help maintain lip closure to ensure nasal breathing. The elastic tension serves as a continuous reminder to the child to keep their lips together. If the child opens the mouth to breathe, the child will feel the tension applied by the tape to remind them to close their mouth.

The tape is made of cotton, and the glue is hypoallergenic and especially made for the skin.

The child is free to open their mouth at any time, and can communicate effectively while wearing the tape. The tape is a training support to restore nasal breathing patterns both during wakefulness and sleep. To change behavioural patterns, it is recommended that children wear the tape for 60 to 90 days.

Please read the following instructions prior to using MYOTAPE:

- MYOTAPE is not suitable for children under 4 years of age, or if the child is not able to remove the tape by themselves.
- Do not use if child has tummy upset, or risk of vomiting.
- The wearing of MYOTAPE by a child must be supervised by an adult. MYOTAPE is to be worn daily for periods of 30 minutes to 2 hours while awake. It is especially important to wear MYOTAPE when child is distracted, for example, while playing with toys, drawing, watching TV or on iPhone.
- MYOTAPE is commonly used by children over four years of age during sleep. Please consult with a medical doctor prior to your child wearing the tape surrounding their mouth during sleep.
- Free breathing re-education program for children is available on MYOTAPE.com

Instruction:

- Remove paper backing from MYOTAPE
- Gently stretch the tape by about 20%
- Encourage your child to bring their lips together
- Place the tape surrounding the mouth
- Remove tape gently after wearing

Visit MYOTAPE.com for further information.

Important: Please remove MyoTape gently after use. Every care is taken to ensure that MyoTape is hypoallergenic. However, if you or your child develops skin irritation from wearing the tape, please take a break from using the tape for a day or two. If irritation continues, please discontinue use.