



Health & Smile

Easier than you think!



BREATHING



SWALLOWING



CHEWING



POSTURE



BALANCED
FACIAL
DEVELOPMENT

How to use
your trainer!

How to make your treatment truly effective?

You can do it
too!

How will your U Concept trainer help you?

- Stop thumb-sucking or pacifier use
- Help develop proper breathing
- Learn correct chewing and swallowing
- Optimize the position of your teeth
- Improve tongue posture
- Promote harmonious facial development

How to use the U Concept trainer correctly:

Preparation:

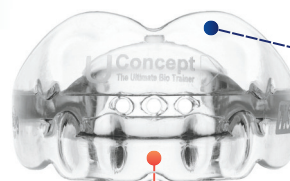
- 1. Clean your nose:**
 - Moisten your nasal passages with saline solution or seawater.
 - Place a handkerchief over your nose like a mask and blow out one side of your nose.
- 2. Wash your hands**
- 3. Brush your teeth**
- 4. Clean the device**



- Take a deep breath, close your mouth, hold one nostril closed, and exhale through the other until your nasal passage is empty and clear.
- Repeat the procedure with the other nostril. Never blow both nostrils at the same time.

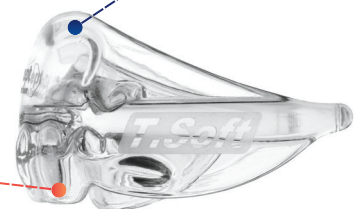
Inserting your trainer

- Make sure that the device is inserted in the correct direction.



Upper part of -
towards the palate

Lower part of the
device - rests on the
lower teeth



When using your trainer, remember to:

- Keep your lips closed
- Place your tongue on the palate
- Gently clench your teeth

Wearing schedule

- **During the day:** at least 1.5 hours, in 15-minute intervals
- **At night:** continuously throughout the night
(It's okay if you can't keep it in for the entire time during the initial period)

Wearing it only at night is not sufficient!

Warning!



- Don't talk, run or jump with the device in your mouth, as this may cause injury to you and damage to the device!
- The more you wear the device, the better the results will be!!

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Easier than you think!

U Concept
The Ultimate Bio Trainer



Keeping your trainer clean:

- To maintain the condition of the device, rinse it under running water after use. Leave the storage box open while it dries.
- Brush it twice a day (morning and evening) with a toothbrush and toothpaste.
- Once a week, you can give it a quick clean in boiling water (2–3 minutes). Use soft water if possible.



Ideas for wearing it during the day:

Some activities where you can wear it without interruption during the day:

- reading
- studying
- drawing, coloring
- watching TV
- playing



A smile worth persevering for!

The **U Concept Trainer** is not a magic device – but if you wear it regularly, the change will feel almost magical! The more you wear it, the faster you'll see results: **a more beautiful smile, easier breathing, and a healthier bite.**

We know it can seem difficult at times, but just think about it: by wearing it at night and for a little while during the day, you'll be taking a huge step toward beautiful, healthy teeth and a beautiful smile.

Would you like to better understand how the **U Concept Trainer** helps you achieve a beautiful and healthy smile? Are you curious about myofunctional exercises that make the treatment even more **effective**?

Look for our informational materials at our partners or visit our website to find out how you can get the most out of your treatment!



For more information, visit our website at uconcept.eu and follow our social media channels!



Find out how you can help your child!

The key to success is in the use.

Before



8 years old – starting point

After



After 6 months

A little effort makes a big difference – and brings you closer to your goal every day!

Keep going, keep smiling – it's worth it!

Start early, act on time!

The **U Concept Trainer** family is here to help you **smile!**



Manufacturer:



Savaria-Dent Kft.

HU-9700 Szombathely, Dr. Szabolcs Zoltán u. 5/A
SD-PR-001-04EN ver02 2025.06.16

*A beautiful smile is a
gift to the world*