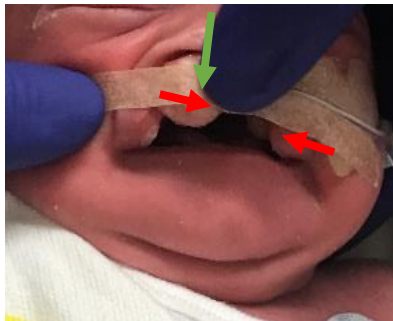


## Nasal Alveolar Molding (NAM) Instructions

1. Remove NAM device from infant's mouth every 12 hours
2. Clean the mouth with a small wet gauze, q-tip, or toothette to remove the denture adhesive
  - Inspect oral cavity for redness, bleeding, or ulcers that are getting larger
  - Do NOT replace the device if it is broken or significant bleeding/sores are present. Please contact Dr. Payne and your therapy team.
  - If adhesive is not properly removed q. 12 hours, it can build up, becoming very hard and causing the device to fit poorly
3. Clean the NAM with warm water, dish soap, and a toothette/4x4, removing all adhesive from the device
4. Remove any tape if loose, apply new tegaderm if needed
  - tape may last 24 hours if it remains secure
5. Cut tape to extend to both cheeks, trimming the width so that it only has contact with the upper lip skin
  - trim ~1/3 of the width of the tape to make it the same width as the upper lip skin



6. Apply new tape over the lip by stretching the lip to midline, **approximating the lip edges** at the cleft(s), giving downward pressure to the **premaxilla**.
  - The tape is heat activated for full adhesive strength, hold the tape with your fingers for 30-60 sec. to ensure it sticks



7. Apply small (pea size) dollops of adhesive (zinc free!) to the NAM



8. Insert it sideways, then straighten it out to align with the gums, sweeping the lips out of the way with your fingers.
9. Make sure the nostril prong(s) is/are inserted under the nose (over the tape), gently elevating the nose.

