

ORAVIX[®]

Tonsil Stone Removal Kit

User Manual

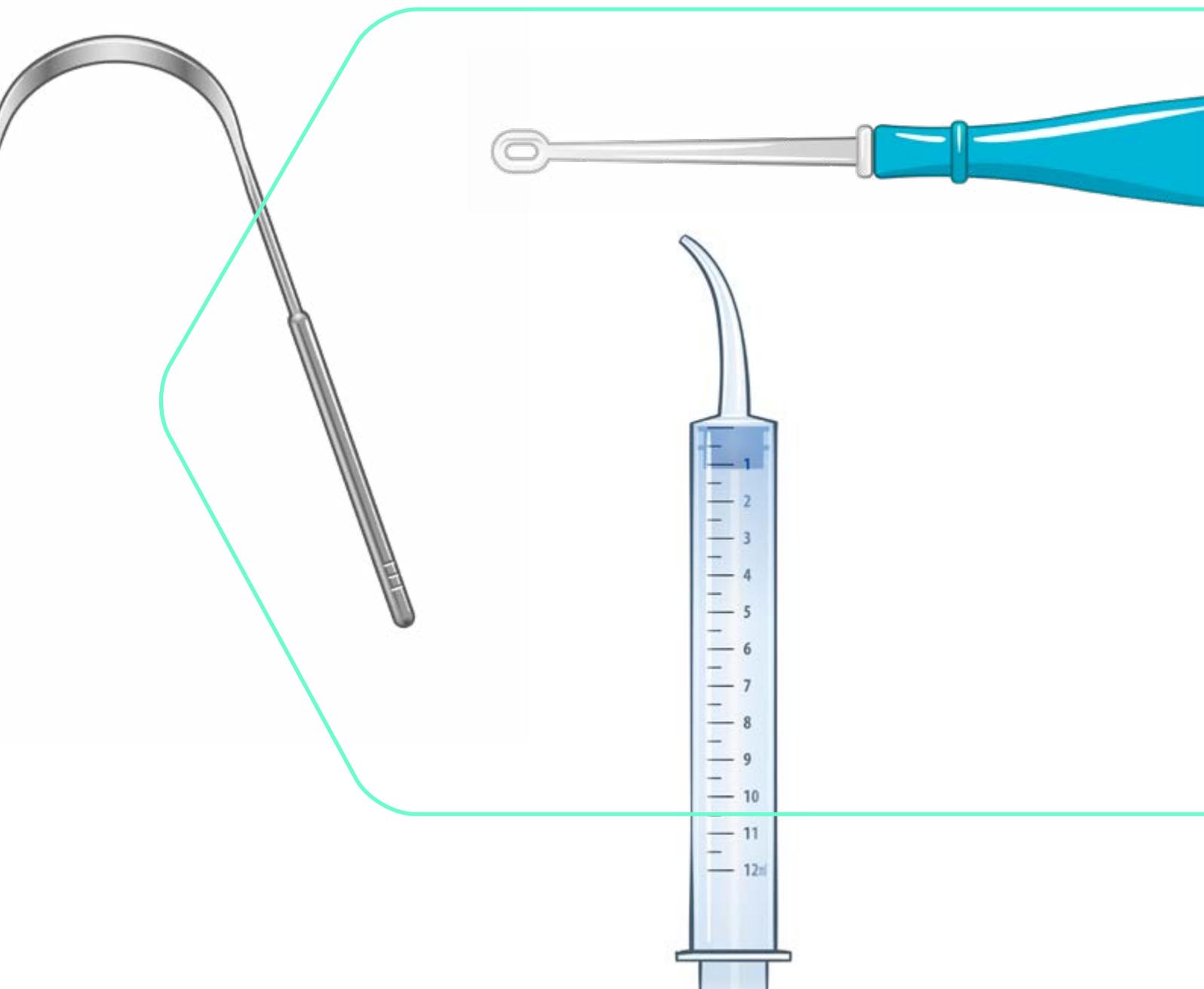


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Tonsil Stone-Free

Most people with cryptic tonsillitis develop tonsil stones at some point, and you might be one of them.

Tonsil stones are rather common. But the tonsil crypts, size of the tonsil stones, and gag reflexes vary a lot. The kit of three tools covers the wide variety of different types of people and tonsil stones.

It is made to eliminate all types of tonsil stones once and for all.

Questions or suggestions? Get in touch

Contact us

ORAVIX exists to help people like you regain confidence with a fresh breath and healthy tonsils.

Everyone's tonsil profile is different, and we want to offer the most complete solution to remove tonsil stones. So, if you have any questions or suggestions regarding your purchase, kindly send us a message.

In case you do not manage to remove any tonsil stones with this kit, please contact us. We are here to help.

You can contact us through Amazon by clicking on the link below or send us an email at hello@oravix.com.

We Would Love To Hear Your Opinion

Share your opinion

At ORAVIX, our goal is to help everyone become tonsil free and experience the new taste of a clean oral cavity.

If you managed to remove tonsils stones effectively with this kit, kindly share your experience about the tonsil kit.

By leaving a review, you help other people who are looking for solutions to remove tonsil stones.

The Tonsil Stone Removal Kit

Your tonsil stone removal kit includes three different tools. All of these were chosen carefully to remove tonsil stones easily and efficiently. Depending on the size of your tonsil stones, your tool of preference changes and could be the tonsil scoop, the syringe, or a combination of both.

To find out what tool is best suited for you, read the user manual thoroughly. If none of the tools work for you, please contact us through Amazon, so we can guide you.

What is Included



1x Tonsil Scoop Handle
4x Different Nozzles
2x Soft Silicone Tips
3x Additional Batteries

1x Tonsil Scoop
with bright LED light



1x Tongue Scraper



1x Curved Tip
Syringe

The LED Tonsil Scoop



The tonsil scoop is used to get to know your tonsil better. Afterwards, you can identify and remove the visible tonsil stones.

Get to know your tonsils better

The tonsil scoop sheds light on your tonsil stones with its LED light, allowing you to get to know them better. This helps you identify the crypts of your tonsils and see where the water stream from the syringes should be aimed at.

Identify and remove tonsil stones

The tonsil scoop also assists in identifying visible tonsil stones. Then, you can use it to gently remove the stones from the crypts.

You can choose between two different types of nozzles, depending on your preference.



Long Loop Nozzles

The two-loop nozzles are 80 mm long and have an oval, donut-shaped ending. The loop nozzles are ideal to get closer to, or inside of your tonsil crypts and dislodge bigger tonsils stones.



Short Spoon Nozzle

The two spoon nozzles are 40 and 45 mm long, respectively. You can place a protective silicon tip on the spoon ending to smooth it. We recommend to only use these with the silicon tip. The spoon nozzles are shorter, and thusly ideal for a smaller mouth, or to explore your buccal anatomy.

How to use a Tonsil Scoop



1

Choose the scoop that works best for you. When you use one of the scoops, add the small silicon tip on it.



2

Open your mouth wide with your tongue flat on its bottom. Aim the LED at your tonsils.

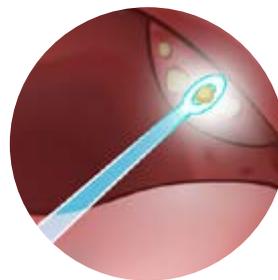
3



Identify the different crypts of your tonsils and use the tool to navigate through them.

Always take it slow to prevent damaging your tonsils.

4



If tonsil stones are apparent, remove them gently with the tonsil scoop. If they do not come out, do not force it. Instead, try flushing those out with the syringe.



- There is a battery in the tonsil scoop handle, so avoid that it has any contact with water.
- You might experience a gag reflex in the beginning, complicating the use of the tonsil scoop. This reflex eventually disappears with a bit of practice. Anti-gag tips are shared at the end of the user manual.
- Be gentle with your tonsils, as they are made of sensitive and soft tissues.

How to change the tonsil scoop batteries?

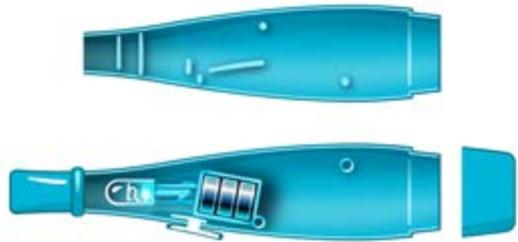
Remove the lid.

1



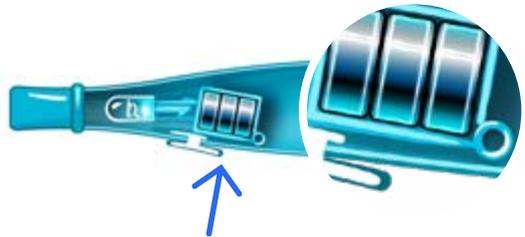
Once the lid is removed, it is possible to separate the device in two parts.

2



Use a tweezer to remove the batteries.

3



Place the new batteries with the negative sign towards the bottom.

4



You need to add three LR41 batteries.

Put everything back in place.

5



The Syringe



Use the syringe to rinse your tonsils thoroughly, cleaning off small tonsil stones and food debris. Further, it washes away bacteria and viruses in your tonsils. It is recommended to use lukewarm water with $\frac{1}{2}$ teaspoon of salt.

1



Add lukewarm water with $\frac{1}{2}$ teaspoon of salt to a 25-cl glass. Then, fill the syringe completely with the solution.

2



Use half of the glass to gargle the saline solution for 60 seconds. This loosens up your tonsil stones.

3



Aim the filled syringe at the crypts of your tonsils and firmly press the syringe to rinse your tonsils. Slightly move the syringe while pressing to wash all the crypts. Repeat as much as needed.

Get them all!

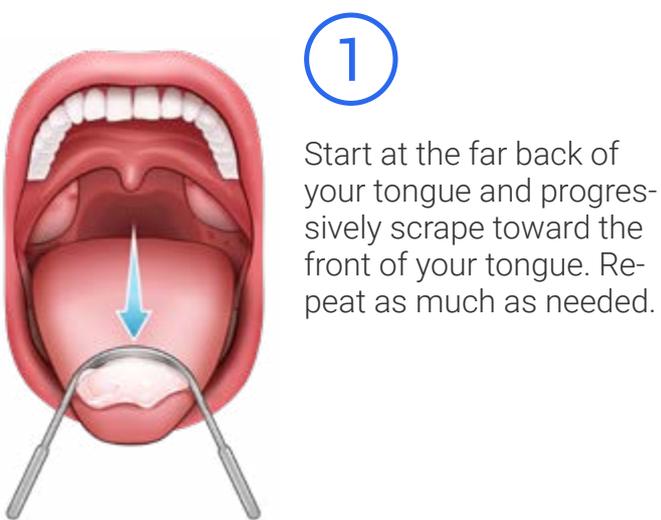


- If it is either too hard to press the syringe or if the water stream is too sharp, you can cut off a small piece of the syringe's nozzle. This widens the opening, allowing a larger, gentler flow of water.
- Ideally, keep 1 cm between the nozzle of the syringe and your tonsil. This ensures that you do not hurt your tonsils with the nozzle.

The Tongue Scraper



The tongue scraper removes the white coating on the tongue. It is best to use the tongue scraper immediately after waking up. The body detoxicates during the night, which is partly done via the tongue. Further, a part of this white coating ends up clogged in your tonsil crypts if you do not remove it.



1

Start at the far back of your tongue and progressively scrape toward the front of your tongue. Repeat as much as needed.



2

Rinse the collected residue with water.

Benefits of Using a Tongue Scraper



Clears toxins & bacteria from the tongue



Removes the coating on the tongue leading to bad breath



Eliminates undigested food particles from the tongue



Enhances taste



Promotes overall oral & digestive health



Gently stimulates and massages the internal organs



Increases your awareness of your state of health



Stimulates the digestive capacity

Avoiding The Gag Reflex

A gag reflex occurs in the back of your mouth and is triggered after stimulation of the posterior pharyngeal wall in the tonsillar area. Some people can be more sensitive for this gag reflex.

A hypersensitive gag reflex can prevent from removing tonsil stones effectively. Luckily, there are ways to desensitize the reflex.

The key to getting past a gag reflex is psychological. When you stimulate a different part of your body, it puts the focus away from the throat and the tonsil area.

Here are a few techniques that can help desensitize the gag reflex:

Squeeze your thumb inside your fist

By encircling your left thumb in a fist, you can quickly reduce the gag reflex. Research found that the pressure of the thumb suffices to eliminate the gag reflex.



Press Between Your Chin & Lower Lip

The acupressure point between the chin and lower lip works equally well. Simply press on the point on the middle of the chin with your index finger. This technique distracts you from the gag reflex.



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User Manual 2020 - Rev.01