DENTAL NIGHTGUARD FITTING INSTRUCTIONS

Before you begin, read all warnings on the back.

STEP 1: HEAT IN THE MICROWAVE

1,100 watts or more

- Wet paper towels
- Microwave
- Microwave-safe plate
- Bowl of cold water

1. Tuck a rolled wet paper towel into the guard's channel so the walls don't fold, then wrap a wet paper towel around it.
2. Place it on the plate and microwave on high for **35 seconds**.
3. **Remove with caution: it will be hot.** Handle gently so the walls don't collapse.
4. Dip the wrapped guard in cold water for **3 to 5 seconds**, then unwrap it.

Do not heat longer than 35 seconds. Overheating can melt the guard or collapse its walls.

Microwave under 1,100 watts, or prefer boiling water?
Download boiling-water instructions at **DentalChoiceHoldings.com**

STEP 2: FIT YOUR GUARD

The guard should feel soft and pliable, like gum or putty.

A. Using a mirror, place the guard over your upper or lower teeth (your choice). Line it up with the center of your teeth and **bite down lightly**.

B. Pinch with thumbs and index fingers and press the guard evenly against your teeth, walking your fingers front to back along the outside wall. Press your tongue to the roof of your mouth.

C. Close your lips and suck for **1 minute** for a tight, comfortable custom fit, pressing over your lips with your fingers as it forms.

Tips, trimming and care on the back →

Indications for use: This over-the-counter dental guard is indicated for protection against bruxism, the nighttime clenching and grinding of the teeth. It is intended for use in the mouth at night to reduce damage to the teeth and to prevent the noise associated with teeth grinding.

WARNINGS AND CONTRAINDICATIONS: DO NOT USE

- **If you wear braces, dentures or other dental accessories.**
- **If you have any tooth or jaw pain.**
- **If you are under 18 years of age.**
- **As an athletic mouth guard.**

CAUTION

Ask your dentist before use if you have:

- Loose fillings, loose caps or cavities without fillings.
- Two or more missing teeth.
- Mouth sores.
- Gum disease or bleeding gums.
- Serious breathing, respiratory or other health problems.

STOP USE AND SEE YOUR DENTIST IF:

- It causes you to gag or feels uncomfortable.
- You have bleeding gums, soreness or any other reaction inside your mouth.
- You notice new jaw pain, tooth pain, ear pain, headache, neck stiffness or joint clicking because of the product.
- You have loose teeth, or a change in your bite that lasts more than a few minutes after taking it out.

TRIMMING

Too large? Reheat the guard, trim excess material from the back (molar) edges with scissors, then repeat the fitting steps.

CLEANING

After every use, scrub with a toothbrush, toothpaste and **cold** water. Store in its case when not in use. Reusable; for one person only.

No need to re-mold
Once fitted, wear it as is each night.

Not quite right?
Reheat and repeat the fitting steps.

Two guards?
If your package has two, wear one at a time.

Questions or problems? Email **customerservice@custmbite.com** or visit **DentalChoiceHoldings.com**

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