

BruxGuard™

Bite Plate for Professional Use

Patient Instructions

Use:

The BruxGuard is indicated for protection against bruxism (nighttime teeth grinding) and jaw clenching during sleep, short-term pain relief from muscle spasm due to occlusal interference, and prevention of chronic tension and temporal mandibular joint (TMJ) syndrome that is caused by chronic jaw clenching of the posterior mandibular and maxillary teeth by the temporalis muscle.

Warnings

Do not:

- Attempt to adjust the fit of the product.
- Use as an athletic mouthguard. Product is not shock absorbent.

When using this product:

- Maintain proper oral hygiene, including visits to your dentist every 6 months

Stop use and ask your dentist if:

- The original symptoms persist even after several weeks of use
- The product easily falls out of your mouth
- The product causes you to gag
- You experience bleeding of the gums, soreness or other reaction on the inside your mouth
- You experience jaw pain, teeth pain, ear pain, headache, neck stiffness or joint noises as a result of using the product
- You experience a loosening or shifting of your teeth or a change in your bite that lasts longer than a few minutes after taking out the product
- You bite through the BruxGuard

Questions? Contact your dentist or call 1-877-BRUX123 between 9 a.m. and 5 p.m. Eastern standard time

Your dentist has fitted you for BruxGuard. It contains an exact impression of your teeth. You can test it by placing it into your mouth and closing your mouth comfortably. About 1-2 mm of material should be left between your upper and lower teeth when you bite down. If there is too much material, the protector will

feel uncomfortable or will fall out of your mouth. If it doesn't feel comfortable or falls out, please contact your dentist.

Maintenance and Other Information

Store the BruxGuard in its original container when not in use. Keep your protector clean and dry when not in use. Avoid placing the BruxGuard near excessive heat.

Clean the BruxGuard by rinsing it in cool water or mouthwash after each use.

Consult your dentist when your upper teeth begin to protrude through the protector.

This product does not contain latex or silicone.

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1-877-BRUX123
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