

## **BruxGuard™**

Bite Plate for Professional Use

### **Dentist Fitting Instructions**

#### **Use:**

The BruxGuard is indicated for protection against bruxism (nighttime teeth grinding), 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**

##### **This product is contraindicated for patients:**

- Who wear braces, dentures, or other dental appliances
- With TMJ problems or clicking of the joint

##### **This product may not be suitable if the patient:**

- Has sores on the inside of the mouth
- Has gum disease or loose teeth

A physician should be consulted prior to prescribing this device for patients with respiratory problems or other serious health problems.

The BruxGuard is not to be fitted by the patient. Review the patient instructions with the patient after fitting, including reasons to contact a dentist.

**Questions?** Call 1-877-BRUX123 between 9 a.m. and 5 p.m. Eastern standard time

#### **What you will need:**

- The Bite Plate with fitting instructions
- The BruxGuard heater or other heat source
- A cup of cold water
- Spoon to remove guard from hot water

#### **Preparation:**

Center the BruxGuard in the patient's mouth and instruct the patient to bite down slightly. The hard portion of the Bite Plate faces downward.

Determine if the BruxGuard is the appropriate size. If the BruxGuard extends more than ¼" past the rear molars, trim the guard using a bur, or use a smaller size.

The BruxGuard may appear too wide or narrow for the patient's mouth. When the BruxGuard is heated, you can easily adjust its shape.

### **Fitting:**

**Note:** Each of these steps must be done without pausing between them. It is very important to be familiar with the fitting process before you begin. Refer back to the instructions as you fit the BruxGuard. If you are having difficulty, repeat the fitting process from the beginning.

1. Heat water (at least 4" deep within appliance) to a rolling boil.
2. Allow the water to maintain a rolling boil for one full minute. Place the BruxGuard in the water.
3. Allow the BruxGuard to sit in the water for 55 seconds. After 55 seconds, remove the BruxGuard from the water with a spoon.
4. Drop the BruxGuard into a cup of cold water for one second and then remove it with your fingers. The clear material (impression material) is now soft enough to mold to the patient's mouth. The BruxGuard should be warm to the touch before fitting. If it is cool to the touch, start over at Step 1.

**Warning:** Do not put the BruxGuard in the mouth if it is hot.

5. Position the BruxGuard comfortably in the patient's mouth (as you did in your preparation) and have them bite down firmly. The patient should be able to feel the difference between the soft, clear impression material and the hard, clear tray. It is okay for the teeth to contact the hard, clear tray, but they should not bite into it.
6. Immediately after the patient bites down, use your fingers to firmly push the clear impression material on the outside surfaces of the teeth up towards the gums. Press evenly on both sides, all the way back to the patient's rear molars. The patient should hold it in place for approximately 5 seconds.
7. Remove your fingers from the BruxGuard, and then instruct the patient to close their mouth, place the tongue on the roof of the mouth, and suck in. The suction will help mold the clear impression material further.
8. Once the clear impression material has been molded to the outside surfaces of the teeth, use your thumbs to press the clear impression material towards the roof of the mouth on the inside surfaces of the teeth. This should also take approximately 5 seconds.
9. Instruct the patient to bite down firmly once again.

10. Remove the BruxGuard from the patient's mouth and place it into a bowl of cold water for 30 seconds.

The BruxGuard should now contain an exact impression of the patient's teeth. To test it, instruct the patient to place it back into their mouth and close their mouth comfortably. About 1-2 mm of material should be left between the upper and lower teeth when the patient bites down. If there is too much material, the bite plate will feel uncomfortable or will fall out of the patient's mouth. Start at Step 1 again.

This product does not contain latex or silicone.

**Review the patient instructions with the patient after fitting,  
including reasons to contact a dentist**

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1-877-BRUX123  
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