

Night Guard

Bruxeeze

Teeth Grinding Relief

For teeth grinding



Precautions

PLEASE NOTE: This is not a sports mouthguard. The Bruxeeze Night Guard is designed to help with teeth grinding, not shock absorption.

Do not use if:

- You have severe jaw pain, loose teeth or advanced periodontal disease
- You have full or partial dentures removed at night, leaving you with few teeth
- You wear a retainer or have fixed braces
- You are under 18 years old

Discontinue use immediately if:

- You experience severe pain in your jaw, teeth or gums
- You have difficulty breathing while using the mouthguard

Use of this mouthguard may cause:

- Tooth movement or changes to your teeth and jaw which alter your bite and/or dental occlusion over longer-term use
- Dental sensitivity after removing the mouthguard
- Pain or soreness of the jaw
- Excess salivation (which should stop once you get used to wearing the mouthguard)

There are two Bruxeeze Night Guards in this pack. Use one mouthguard until it wears out, and then replace it with the remaining mouthguard.

Most people prefer to mould the Bruxeeze Night Guard to their lower teeth. However, if any of your lower teeth are missing or damaged, it may be a good idea to mould the mouthguard to your upper teeth instead. The moulding instructions remain the same for both upper and lower teeth. If you experience any fitting issues, you can remould the Bruxeeze Night Guard up to 4 times.

Moulding your Bruxeeze Night Guard

Before you begin, make sure you have everything you need to mould your Bruxeeze Night Guard:

- A mirror
- A measuring bowl or jug with an approximate 1 litre capacity
- Access to a cold water tap
- Kettle (or pan) to boil water in
- Timer (most phones have a timer)
- A fork



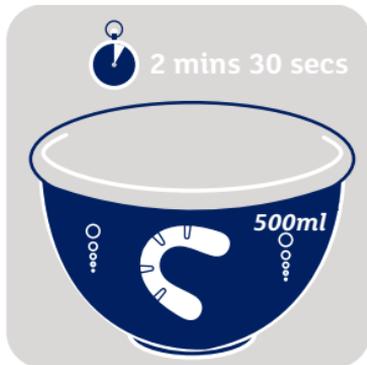
1. Remove the Bruxeeze Night Guard from its packaging.

2. Fill a bowl/measuring jug with 100ml of cold tap water.



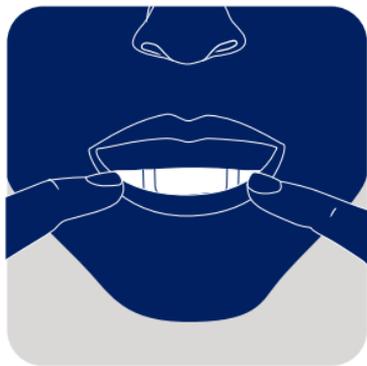
3. Add 400ml of boiling water to the bowl/jug.
There should now be 500ml in total in the bowl/jug.

4. Place your mouthguard in the hot water. Leave it to soften in the bowl/jug for 2 minutes and 30 seconds.



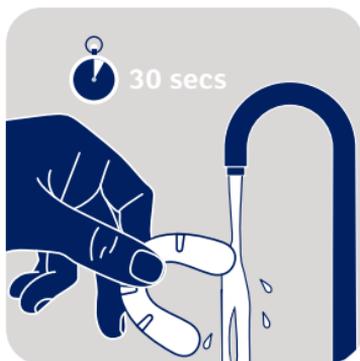
5. Using a fork, remove the mouthguard from the water.

6. Place the mouthguard on your lower (or upper) teeth, making sure your teeth are within the channels. Bite down firmly. Use your fingers to press the mouthguard against your teeth, as this will create a better fit. Keep it in place for 2 minutes.

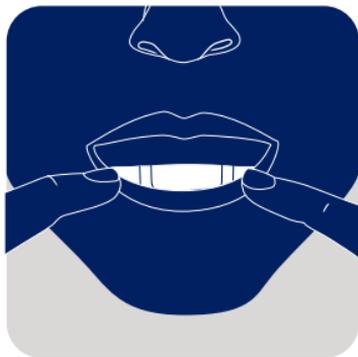


TOP TIP: Most people find the mouthguard moulds best to their lower teeth.

7. Carefully remove the mouthguard from your mouth. Immediately rinse it under cold, running water for 30 seconds to set the moulding.



8. Place the mouthguard in your mouth and check that it fits securely and centrally on your lower (or upper) teeth. Your Bruxeeze Night Guard is now ready to use.



TOP TIP: The Bruxeeze Night Guard can be remoulded up to 4 times. If the guard doesn't fit securely, return to Step 2 and remould.

Cleaning and maintaining your Bruxeeze Night Guard

- Always brush your teeth before using your Bruxeeze Night Guard.
- Clean your mouthguard with cold water and a soft toothbrush every day after taking it out in the morning.
- Regularly inspect your mouthguard before each use.

When cleaning, look for signs of damage and wear. Due to different severities of bruxism, the lifespan of the Bruxeeze Night Guard will vary. Please discontinue use of the mouthguard if there are any cracks, splits, breaks, or if any substantial material degradation has occurred.

If you have any further questions about using the
Bruxeeze Night Guard, please visit:

www.bruxeeze.com



Bruxeeze
Teeth Grinding Relief



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