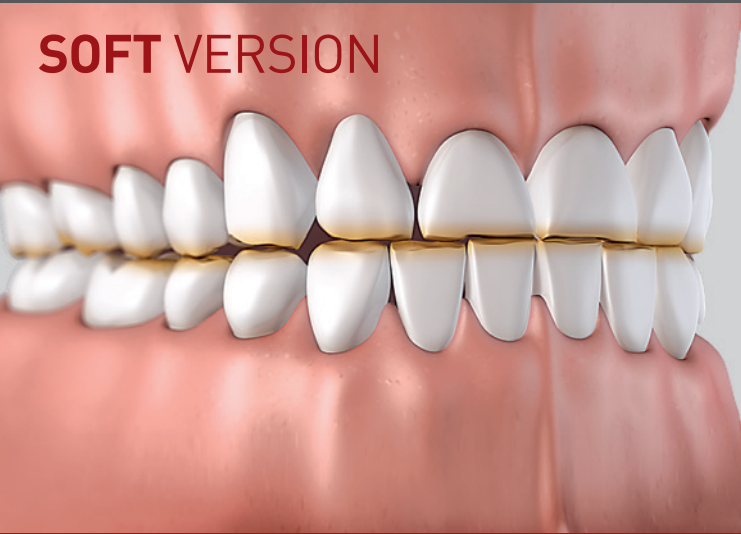


BRUXOGARD™

Protects your teeth and jaws
from night time bruxing

SOFT VERSION



BRUXOGARD™

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BRUXOGARD™

The *Bruxogard* is fitted over the teeth and worn at night while sleeping. It features a unique flat base specifically designed to protect your teeth and jaws from the effects of night tooth grinding (bruxing).

The *Bruxogard* is best moulded by your dentist.

If you need further moulding, follow the below instructions.

BRUXOGARD SOFT MOULDING INSTRUCTIONS

READ ALL INSTRUCTIONS BEFORE BEGINNING THE MOULDING.

- 1 Place *Bruxogard* (tongue tag down) into a bowl of freshly boiled water (100°C / 212°F) for **30 SECONDS**.
- 2 Remove *Bruxogard* from water using a spoon and place it in the mouth, centring the V cut with the centre line of the front teeth.
- 3 Push up hard with the thumbs on the base and mould the upper edges at the front and the back teeth by pushing through the lips and cheeks firmly with your fingers.
- 4 Do not bite on the *Bruxogard*. Lightly close your teeth together to hold in position. You want the base to be flat without indents of the lower teeth.
- 5 Place the tongue against tongue tag and suck in strongly. Continue to hold this for 20 seconds.
- 6 Remove the *Bruxogard* from the mouth. Place in cold water for 20 seconds. Replace into mouth and test for a good firm fit. If the fit is not accurate repeat fitting procedure (reheat water to 100°C).

To clean, rinse under warm water. Use toothpaste to clean if desired. Heavy bruxers may wear the *Bruxogard* out quickly. Replace if splitting and deterioration occurs.



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**MYOFUNCTIONAL
RESEARCH CO.**

INNOVATIVE DENTAL APPLIANCE
TECHNOLOGY AND EDUCATION

Single Patient Use.



KEEP OUT
OF DIRECT
SUNLIGHT



CLEAN
BEFORE USE