



Dental protector against erosion due to bruxism

Instruction for use

This package contains:

- One flexible thermoformable protector for the upper jaw
- One toothprint plate
- One floating thermometer
- One ventilated storage box
- A set of instructions

Classification

The bruxism splint is a class 1 medical device in compliance with European directive 93/42 CE. The CE acronym is displayed on the device.

Indications

- Protects teeth against erosion due to bruxism, grinding and clenching of the teeth.

Contraindications

- Severe periodontal disorders.
- Fewer than 8 teeth on the lower arch.
- If the teeth are unstable, ask your dentist for advice.
- Users under 18 years of age.

Possible side effects

- Tooth sensitivity on removing after bedtime (disappears after clenching the jaws 3 or 4 times)
 - Hyper-salivation, decreasing after a few days of regular use, dry mouth, possible gag reflex
- If uncomfortable side effects persist, discontinue wearing the device and seek medical advice.

Maintenance, Product Lifespan, Warranty

On awaking, remove the splint, rinse the device and keep it throughout the day in a container of warm water with an antibacterial, anti-tartar tablet for dentures. Discard the liquid and rinse thoroughly with clean water before putting the splint back into your mouth for the night.

Regularly inspect the condition of the device. Its lifespan is very variable and depends on its maintenance and the severity of the bruxism. Therefore it cannot be placed under a fixed-period warranty, only in cases of manufacturer defects. The apparatus **MUST** be changed if cracks, breaks, or substantial deterioration of the material occur.

Adaptation to the teeth (thermo-forming) and installation

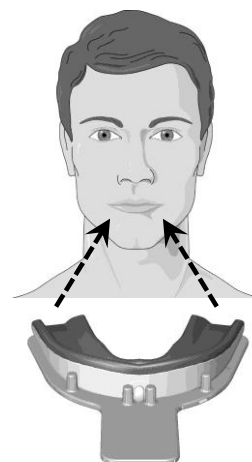
1● Place the thermometer in a saucepan containing 7 to 8 centimetres of cold water and heat the water. Turn off the heat source when the red line reaches the blue mark on the thermometer (optimal temperature). Let the protector sit in the hot water for 3 minutes, then proceed to point 2.

Important remark regarding the teeth impression (point 2): to obtain successful impressions, the material must be hot and the interval between removal from the saucepan and taking the impression must be limited to 10-15 seconds

2● Sit or stand near a mirror. Take the protector out of the hot water using a spoon, and shake it to remove any water. Face the mirror and immediately place the protector on upper teeth and align the central line of the protector with the central line between the superior central incisors. Press gently upwards with your fingers in order that the protector follows the shape of the dental arch.

Insert the toothprint plate in mouth and bite hardy. Remain teeth tight and push your fingers against lips and cheeks to fit the faces of the protector to the faces of your teeth. Release the pressure of teeth and wait 2 minutes so that the protector cools down. Remove the protector and rinse it in cold water.

3● Before going to bed, or if you are experiencing stress, put in your splint



Impression quality

The comfort and grip of the protector depend on the shape of the teeth, the number of teeth and the quality of the impression taken. Check that you have taken a good impression of the shape of your teeth on the protector and if not, re-take the impression, correctly following the temperature instructions and using enough force to shape the device. Any parts of the thermoformable material causing discomfort can be cut off with scissors or a cutter.



Made in Switzerland by:

OSCIMED SA
Allée du Quartz 3 - CH-2300 La Chaux-de-Fonds
Tel: 0041 32 926 63 36
info@oscimedsa.com
<http://www.oscimedsa.com>



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