

Dentemp Ora-GUARD®

Fitting Instructions

Indications & Warnings

INDICATIONS: The Dentemp Ora-GUARD is indicated for protection against bruxism, nighttime teeth grinding, and jaw clenching. It is intended to reduce damage to teeth and prevent the noise associated with teeth grinding and bruxism.

WARNINGS: Do not use: • any dental product without first consulting with a dentist; • as an athletic guard; • if you are under 18 years of age; • if you have TMJ pain or clicking of the jaw; • if you have teeth or jaw pain; • if you have loose teeth; • if you have dental implants, braces, dentures, or other dental appliances; • for more than 3 months without consulting with a dentist.

Ask a dentist before use if you have: • serious health problems such as respiratory issues; • mouth sores, bleeding gums, or gum disease; • Cavities without fillings, loose fillings, or tooth caps; • difficulty chewing, jaw or teeth pain; • two or more missing teeth.

Stop use and ask a dentist if: • you develop loose teeth or a change in your bite; • experience pain, bleeding gums, or other irregularities; • the product falls out of your mouth easily or causes you to gag; • the product disrupts breathing.

See a dentist every 6 months.

Warranty & Guarantee

1-Year Limited Warranty for Durability

DOC Brands, Inc. warrants the durability of your Ora-GUARD Custom Fit Dental Guard. You may exchange it for a replacement if you grind through it within 1 year from the original purchase date by the original end-user purchaser. This limited warranty does not cover any defects due to misuse, alteration to the product, or negligence.

30-Day Money Back Guarantee

If for any reason you are not completely satisfied with the Ora-GUARD Custom Fit Dental Guard, you may return the product to us for a refund (not including shipping and tax) within 30 days from the original purchase date by the original end-user purchaser.

****Limit 1 replacement or refund per 12-month period.** This guarantee is only valid in the United States.

Please do not return or exchange your product at the store from which it was purchased. To submit a warranty or guarantee claim, mail the product and dated receipt in protective packaging to the following address. Be sure to include your name, address, phone number, the original purchase date, your reason for return, and the LOT# on the bottom of the package.

**DOC BRANDS, Inc., Attn: Warranty Dept.,
101 Sherlake Lane, Suite 106, Knoxville, TN 37922**

Because DOC Brands, Inc. cannot control the quality of our products sold by unauthorized sellers, unless otherwise prohibited by law, the Ora-GUARD 1-Year Limited Warranty and 30-Day Money Back Guarantee is not available for products purchased from unauthorized sellers. DOC Brands reserves the right to reject warranty claims from purchasers for products purchased from unauthorized sellers, including unauthorized internet sites. DOC Brands reserves the right to verify information, require a valid proof of purchase, and to deny guarantee requests in its discretion in cases of suspected fraud or if a customer has abused the Ora-GUARD 30-Day Money Back Guarantee. If you have any questions regarding the warranty or guarantee, or whether a seller is an authorized seller of Ora-GUARD, please email us at consumeraffairs@doc-brands.com or call 833-362-2763.

There are no warranties which extend beyond those stated herein. Any implied warranties that may be applicable to the products, including implied warranties of merchantability or fitness for a particular purpose, are limited in duration to the duration of this warranty. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you. Under no circumstances shall DOC Brands be liable for any special, incidental, or consequential damages based upon breach of this limited warranty, breach of contract or strict liability. Some states do not allow the exclusion or, limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

**833-362-2763 | consumeraffairs@doc-brands.com
www.dentemp.com**

Before You Begin

PLEASE READ ALL INSTRUCTIONS CAREFULLY BEFORE FITTING THE ORA-GUARD TO YOUR TEETH.

What you need to begin fitting your Ora-GUARD:

- Water
- Container for heating 3-4 inches of water
- Container for holding cold water
- Mirror
- Slotted spoon or fork
- Timer

Helpful Tips

- For a better visual, watch the fitting video on our website at ora-guard.com
- Make sure to bring the water to a full boil, with large bubbles before removing from the heat source.
- If you find that your Ora-GUARD feels tight, please note that it may take up to a week for your mouth to get used to the new dental guard.
- If you are unhappy with the fit, you may repeat the fitting process 1 more time. If you are unable to achieve a good fit the second time, please contact us to speak with one of our trained representatives.
Email: consumeraffairs@doc-brands.com
Phone: 833-362-2763

Heating

1. Heat water, 2-3 inches deep, until it reaches a rolling boil.

2. Remove boiling water from heating source and let stand for **10 seconds**.

3. Carefully submerge the Ora-GUARD in the hot water for **45 seconds**.

4. Using the slotted spoon or fork, carefully remove the Ora-GUARD from the hot water.

CAUTION: Before placing the Ora-GUARD in your mouth, test its temperature with the tip of your finger. The Ora-GUARD should be at a warm and comfortable temperature.



Forming

5. Using a mirror, carefully place the Ora-GUARD on your lower teeth, lining up the "notch" in the center of the band with the center of your lower front teeth.

6. Gently bite down on the Ora-GUARD, and form the material to your teeth and gums by sliding and pressing your fingertips inside your mouth or against your cheeks.
NOTE: Do not clench down excessively.

7. Press your tongue firmly against the roof of your mouth, and with a light sucking action, create a vacuum chamber effect by drawing out all the air and water.

8. Continue forming the Ora-GUARD with your fingertips.

9. After a total of **2 minutes** in your mouth, place the Ora-GUARD in a bowl of cold water for **5 minutes**.



Wear

10. You should now have a snug, custom-fit Ora-GUARD. If necessary, you may repeat the fitting process 1 more time to improve your fit.



Cleaning & Care

After each use, brush your dental guard with toothpaste and rinse with cool water. Avoid using hot water. Dry your Ora-GUARD thoroughly and use the provided case to store your Ora-GUARD when not in use.

Scan this code to learn more and watch our fitting video:



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