

THIS PACKAGE CONTAINS:

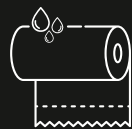


2 NIGHT GUARDS

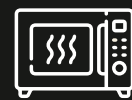


1 PROTECTIVE CASE

BEFORE GETTING STARTED YOU'LL NEED:



WET PAPER TOWEL



MICROWAVE
(1100+ WATTS*)



MICROWAVE-SAFE
PLATE

1

Roll up part of a wet paper towel and place it in between the channels of the night guard. This ensures walls don't fold in while heating in the microwave.

2

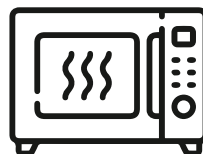
Wrap one night guard in a wet paper towel, place on a plate and microwave for 35 seconds. (Do not heat for more than 45 seconds. If unsure of microwave wattage, try 40 seconds. If the night guard is not soft, re-microwave for an additional 5 seconds.)

3

Gently remove the wrapped night guard, being careful not to collapse the soft walls.

! CAUTION:

Paper towel will be hot, but the night guard will just be warm (still use caution when touching the night guard as well.)



4

TO FIT YOUR NIGHT GUARD

- Place the night guard over your top teeth.
- Before biting down, put your thumbs and index finger in a pinching position and firmly press the night guard evenly against your teeth.
- Walk your fingers from front to back.
- Make sure to suck hard on the night guard for optimal fit. (It should have a consistency similar to gum or putty. If not, it may require additional heating time.)
- While biting down, to hold the night guard in place, push hard with fingers directly against the material to force the material in and around the anatomy of your teeth - all the way around the outside wall.
- If you have braces, do not press the night guard against teeth or suck. It will form naturally around the brackets and wires.
- Close your mouth and suck your lips against the night guard as it continues to form against your teeth. Continue to press over your lips with your fingers to form a teeth impression. Do this for 1 minute and 30 seconds.

QUICK NOTES

Your night guard will settle into a more secure fit 24 hours after molding. It does NOT need to be molded before every use.

Night guards can be remolded unlimited times.

To shorten: Trim the back/molar edges and repeat the fitting process.

100% Satisfaction Guaranteed

If you have any questions, visit rodeodental.com or call 855.253.4680 to speak with our customer service team who will happily help you.

NOTE: This package contains two night guards in case the walls of the first fold while molding.

However, if the walls of both your night guards fold onto themselves, or if you're unhappy for any reason at all, please contact us for a replacement at no additional charge.