

# **BOILED WATER Fitting Instructions** **Ora-GUARD® Dental Grind Guard**

**PLEASE READ ALL INSTRUCTIONS CAREFULLY BEFORE FITTING YOUR DENTAL GRIND GUARD**

**WARNING ! THIS PRODUCT IS NOT FOR USE WITH BRACES. THIS PRODUCT IS INTENDED FOR NIGHT TIME USE.**

The Ora-GUARD® Dental Grind Guard is for protection from bruxism, nighttime teeth grinding and jaw clenching.  
It is indicated for protection from bruxism, nighttime teeth grinding and jaw clenching. This product is designed to be worn on lower teeth.

## **Fitting Instructions – Boiled Water**

What you need for a proper and safe fitting: Ora-GUARD® Dental Grind Guard, a pot for boiling water with 4 inches of water to completely submerge the Dental Grind Guard, bowl of cold tap water, slotted spoon, mirror and a clock or watch with second hand.

1. Bring water to boil. **CAUTION: Boiling water is hot and can cause injury. Adult supervision is required.**
2. Remove boiling water from the heat source and let stand for 15 seconds.
3. Carefully submerge the Ora-GUARD® Dental Grind Guard in the hot water for **90 seconds.**
4. Carefully remove the Ora-GUARD® Dental Grind Guard from the hot water with a slotted spoon and place Dental Grind Guard in cold water to cool for no more than **1 second.**

**CAUTION: Before placing the Dental Grind Guard into your mouth, test its temperature with the tip of your finger. The Dental Grind Guard should be at a warm and comfortable temperature.**

5. Using a mirror, carefully place the Dental Grind Guard in your mouth, lining up the “notch” in the center of the Dental Grind Guard with the center of your lower front teeth.
6. **GENTLY** bite down on the Ora-GUARD® Dental Grind Guard, and contour 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 with your molars.

### **STEPS 7-8: FOR A TOTAL OF TWO (2) MINUTES**

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 contouring the Ora-GUARD® Dental Grind Guard with your fingertips.
9. After **2 minutes** remove the Ora-GUARD® Dental Grind Guard and place in bowl of cold water for **5 minutes.** You now have a snug “custom-like” fitting product.

### **Cleaning instructions:**

- Always keep your Ora-GUARD® Dental Grind Guard clean.
- Always rinse with water before insertion and brush with toothpaste upon removal.

For Customer Service, or any questions, call 1-888-437-9427 (Monday through Friday, 9:00 a.m. – 5:00 p.m. EST) or e-mail info@ora-guard.com

# **MICROWAVE Fitting Instructions** **Ora-GUARD® Dental Grind Guard Fitting Instructions**

**PLEASE READ ALL INSTRUCTIONS BEFORE FITTING YOUR DENTAL GRIND GUARD.**

**WARNING ! THIS PRODUCT IS NOT FOR USE WITH BRACES. THIS PRODUCT IS INTENDED FOR NIGHT TIME USE.**

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It is indicated for protection from bruxism, nighttime teeth grinding and jaw clenching. This product is designed to be worn on lower teeth.

## **Fitting Instructions – Microwave**

What you need for a proper and safe fitting: Ora-GUARD® Oral Appliance, microwave oven (1100 watts or more), microwave safe dish, wet paper towel, tongs, bowl of cold tap water, mirror and a clock or watch with second hand.

1. Wrap the Ora-GUARD® Oral Appliance in a wet paper towel and place on the microwave safe dish.
2. Place dish with the wrapped Oral Appliance in the microwave oven on high setting for **60 seconds.** Follow the microwave oven’s instructions for safe operation.
3. Carefully remove the dish and Oral Appliance from the microwave oven.

**CAUTION: Paper towel and dish may be hot and can cause injury. Adult supervision is required.**

4. Using the tongs, carefully unwrap and place Oral Appliance in cold water to cool for no more than **1 second.**

**CAUTION: Before placing the Oral Appliance into your mouth, test its temperature with the tip of your finger. The Oral Appliance should be at a warm and comfortable temperature.**

5. Using a mirror, carefully place the Oral Appliance in your mouth, lining up the “notch” in the center of the Oral Appliance with the center of your lower front teeth.
6. **GENTLY** bite down on the Ora-GUARD® Oral Appliance and contour 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 with your molars.

### **STEPS 7-8: FOR A TOTAL OF TWO (2) MINUTES**

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 contouring the Ora-GUARD® Oral Appliance with your fingertips.
9. After **2 minutes** remove the Ora-GUARD® Oral Appliance and place in bowl of cold water for **5 minutes.** You now have a snug “custom-like” fitting product.
10. If you prefer a different fit, repeat steps 1 – 9 and add an additional 5 seconds to the microwave time, total 65 seconds.

### **Cleaning instructions:**

- Always keep your Ora-GUARD® Dental Grind Guard clean.
- Always rinse with water before insertion and brush with toothpaste upon removal.

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**Ora-GUARD®**