

BRUXOGARD™

Protects your teeth and jaws
from night time bruxing

HARD 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 HARD 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 **90 SECONDS**.
- 2 Lift *Bruxogard* gently from water using a spoon.
- 3 Cool under tap water for **ONE SECOND ONLY** bringing surface temperature to comfortable level. Quickly move onto next step.
- 4 Watching in mirror, line up centre of *Bruxogard* (tongue tag up) with centre line of upper teeth and proceed rapidly with steps 5 to 7.
- 5 Fit *Bruxogard* into upper teeth and press firmly into front teeth and molars.
- 6 Place tip of tongue on tongue tag and close mouth while biting down hard on *Bruxogard*.
- 7 Suck in strongly and press edges of *Bruxogard* into teeth and gum line through the lips and cheeks (continue for 20 seconds). Remove from mouth and place in a bowl of cold water for 1 minute. Replace into mouth and test for a good firm fit. Repeat steps 1 to 7 if the fit is not accurate (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.

 **Bruxogard by Myofunctional Research Co.**
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 **MYOFUNCTIONAL RESEARCH CO.**
INNOVATIVE DENTAL APPLIANCE TECHNOLOGY AND EDUCATION



SINGLE PATIENT
MULTIPLE USE



KEEP OUT
OF DIRECT
SUNLIGHT



NON
STERILE
CLEAN
BEFORE USE