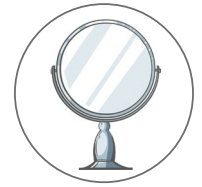
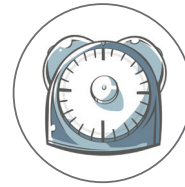


## What You Need to Begin



- Cup of room temperature water
- Pot of boiling water
- Metal kitchen spoon
- Timer
- Mirror

For best results and greatest success, follow all instructions when fitting the DenTek NightGuard. Read and follow instructions BEFORE and DURING custom fitting. DenTek NightGuard should be fitted to the upper teeth.

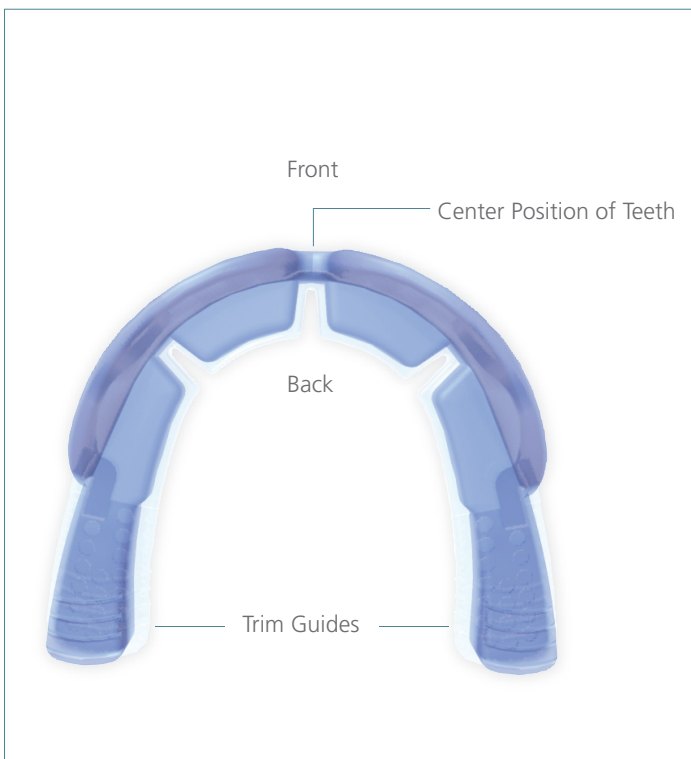
If you need additional assistance, call our Customer Service Department between 8AM – 5PM EST, Monday – Friday, and we will guide you through the fitting process. 1-800-4DENTEK (800-433-6835)

## Test Fitting

- 1 Position DenTek NightGuard in your mouth and bite down. Make sure it is aligned with your arch. If the arch (U-shape) is too wide or too narrow, you can squeeze or stretch the dental protector to meet the arch of your mouth with all teeth comfortably resting on the dental protector.
- 2 If the length of the NightGuard extends beyond your last molar and feels uncomfortable, use scissors to cut along the trim guides, matching the curve of the trim lines. Start at the first line from the end and try it again. If that still is not comfortable, cut it again at the second line, remembering that it's best if all teeth touch the dental protector. Continue this until the dental protector feels comfortable and all teeth are cushioned.

## Custom Fitting

- 1 Fill a pot with approximately 3 inches of water. Boil water until you see a rolling boil with bubbles. Remove pot from the heating element and let it rest for 60 seconds.
- 2 Place the dental protector face down into hot water for 30 seconds.
- 3 Remove dental protector using a metal spoon and submerge into a cup of room temperature water for one second to reduce the heat before fitting.
- 4 Position the dental protector in your mouth, aligning it with your teeth so that all of your teeth rest on the dental protector. Be sure the center of the NightGuard lines up between your two front teeth. You may need to squeeze or stretch the back of your NightGuard to align with your teeth.
- 5 Press in on the dental protector under your lips using your fingers along the gum line with equal amounts of pressure on both sides of the "U" from the front teeth to the side teeth molding the soft material up and around your teeth and gum line. Once everything is lined up, bite down firmly into the NightGuard.
- 6 Suck in to remove excess moisture and create a vacuum that allows the dental protector to stay in place comfortably.



## Didn't get the right fit the first time? Don't stress over it!

You can repeat the boiling process one more time starting at step one in the Custom Fitting section.

However, after that, the material loses retention and you will need to follow the instructions for a replacement dental protector.

## Storage and Maintenance

Proper care of your DenTek NightGuard will extend its life. After each use, rinse in cool water or mouthwash. Never use hot water as it might lose its shape.

Store in the container it came with when not in use.