

### Replacement / Refund Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_ Telephone: \_\_\_\_\_

Reason for Return: \_\_\_\_\_

\_\_\_\_\_

Case # \_\_\_\_\_ *All fields required*

#### 30 Day Money-Back Guarantee:

If you are not completely satisfied with this product, we will gladly give you a full refund (not including taxes or postage costs) if you call us within 30 days from the date of purchase.

#### 1 Year Protection Guarantee:

From date of purchase, we guarantee these 2 dental guards will give you 12 months of teeth grinding protection. If not, we will send you ONE free dental guard as a replacement.

To request either a refund or replacement proof of purchase is required. Please follow these steps:

1. Call 1-800-433-6835 to receive a case number
2. Fill out the enclosed form with contact info and assigned case number
3. Mail form, original dated register receipt and UPC code from package to:

DenTek Oral Care  
307 Excellence Way  
Maryville, TN 37801  
Attn: Dental Guard Returns

**THERE IS NO NEED TO RETURN THE USED PRODUCT TO US.**

Please allow 4 weeks for delivery of your replacement / refund.  
\*This guarantee is only good for products purchased in the U.S.



**Custom Comfort®**  
DENTAL GUARD

For Nighttime Teeth Grinding (Bruxism)

Fitting Instructions

#### Questions or Comments

800-4DENTEK (800-433-6835) [www.DenTek.com](http://www.DenTek.com)  
Manf. for: DenTek Oral Care, Inc. Maryville, TN 37801  
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### Warnings

#### Do not use:

- As a sports mouthpiece. The product is designed to absorb top-to-bottom pressure not shock absorption.
- If you are under 18 years of age.
- For more than three months without consulting your dentist.
- If you have loose teeth or teeth that can wiggle.
- If your dentist has told you that you have temporomandibular joint (TMJ) pain or clicking of the jaw.
- If you have any pain from teeth grinding, or other forms of tooth or jaw pain.
- If you have dental implants, or wear dentures, braces or other dental appliances.

#### Ask a dentist before use if you have:

- Major health problems or serious breathing or respiratory conditions.
- Oral sores, bleeding gums or any gum disease.
- Cavities that have no fillings, or loose fillings or caps.
- Difficulty chewing or pain of the jaw, teeth or face.
- Two or more missing teeth.

#### Stop use and ask a dentist if:

- You develop soreness, bleeding gums or any other reaction inside your mouth.
- You develop jaw pain, teeth pain, ear pain, headache, neck stiffness, or joint clicking when using this product.
- The same symptoms persist after over a month of use.
- The product disrupts breathing, feels uncomfortable, causes choking, or causes you to gag.
- You have a change in your bite that persists more than a few minutes after removing the product.

See your dentist every six months.

**This product does NOT contain latex.**

### DenTek® Custom Comfort® Dental Guard

DenTek® Custom Comfort® Dental Guard is designed to comfortably protect against nighttime teeth grinding, or Bruxism by:

- Cushioning and keeping teeth apart
- Reducing the damage to teeth and preventing the noise of teeth grinding

The DenTek® Custom Comfort® Dental Guard is designed to fit on your UPPER teeth. It is similar in design to the dental guards prescribed by many dentists. It is one complete piece composed of 2 different materials:

A soft, formable material that, when heated, custom fits to your UPPER teeth for superior retention

A harder base material that comfortably protects all teeth from grinding and prevents bite through



#### For Best Results

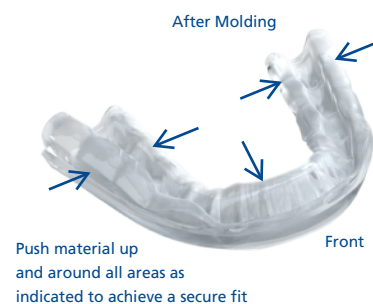
- **Both dental guards SHOULD NOT be worn at the same time. The second dental guard is a bonus.**
- Read and follow the instructions BEFORE fitting the dental guard to your UPPER teeth.
- If you need assistance, visit [www.DenTek.com](http://www.DenTek.com) or call 1-800-433-6835 between 8am and 5pm E.S.T. and one of our trained specialists will help you.
- It might take time for you to adjust to wearing the dental guard, so begin wearing it one hour before you go to sleep.

#### Visit [www.DenTek.com/fittingtips](http://www.DenTek.com/fittingtips)

- Fitting instructions and tips
- Educational video on Bruxism
- Sign up for e-mail promotions and surveys

#### What You Need To Begin

- A pot (if using a stove) or a ceramic cup (if using a microwave)
- A metal spoon or fork
- A clock with a second hand
- A ceramic plate
- A mirror



### Fitting Instructions

1. Using either a stove or microwave, bring a pot or cup of water to a rolling boil.
2. Remove pot or cup of boiling water and let it rest for 15 seconds.
3. Place the dental guard with the soft, formable material facing DOWN into the hot water for 50 seconds.
4. Remove it with a metal spoon or fork and place on a plate (with the soft, formable material facing UP) for 10 seconds to cool off.
5. Immediately pick up the dental guard by the base and carefully place in your mouth but do not bite down yet. While looking in a mirror, align the center below your front two teeth and the sides below your molars.
6. Firmly bite down and strongly suck in to remove excess moisture. With teeth clenched, use your fingers to mold the soft, formable material up and around the outside of your teeth and gums. Use your tongue to mold the material against the roof of your mouth.
7. Open your mouth and use your thumbs to mold the soft, formable material against the roof of your mouth and up and around the inside of your teeth and gums.
8. Firmly bite down again and leave the dental guard in your mouth until it cools to body temperature - about 3 to 4 minutes.
9. If you achieved a comfortable fit and the dental guard stays in place, you have finished the fitting process and are now ready to wear your DenTek® Custom Comfort® Dental Guard.

If you did not get a good fit the first time, repeat the boiling process one more time beginning with Step 1. After two attempts, however, the material loses retention and you will need to fit the bonus dental guard.

#### Cleaning and Care

After each use, brush your dental guard with toothpaste and/or mouthwash. Never rinse in hot water as it could alter the shape of your dental guard.

Learn more about how to get a dental guard storage case at [www.DenTek.com/ngcase](http://www.DenTek.com/ngcase)

#### Replacing Your Dental Guard

All dental guards should be replaced over time. Please check your dental guard monthly for wear. If one wears out, please use the bonus dental guard included. The life of your DenTek® Custom Comfort® Dental Guard depends on how often you grind and the force of your teeth grinding. On average, each dental guard should last approximately six months or longer.