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How to use your Hard Night Guard/Grinding Appliance/ Bruxism Appliance

This appliance was fabricated with a unique material that softens and becomes flexible when heated with hot water. As the material cools, it hardens and adapts to your dentition to fit exactly as it was designed.

Before inserting the appliance into your mouth, place it in hot water for 50-60 seconds so it can soften and become flexible. Placing the appliance in your mouth when it is cold may cause breakage or severe discomfort.

After each use, rinse with warm water and keep appliance moist when not in use to prevent drying out the acrylic.