



SmartGuard® Night Guard and SmartGuard Elite™ are intended for the following:

OTC

Protection against bruxism or night time teeth grinding.

Intended to reduce damage to the teeth and reduce the noise associated with bruxing and/or grinding.

Choosing the appropriate SmartGuard® :

The SmartGuard Elite® was designed to fit the majority of individuals mouths. However, if you have a small mouth , or have a sensitive gag reflex, the Smart-Guard® Original might be a better fit.

Please follow the molding instructions on the opposite page.

What to expect from your SmartGuard®

- Expect your SmartGuard® to protect your teeth from the effects of grinding and clenching your teeth.
- Expect it to reduce the symptoms of clenching and grinding your teeth in as little as just one night of wearing it.
- Expect the SmartGuard® to fall out of your mouth at night a few time per week for the first 2 weeks.
- It's common to feel a change in your bite first thing in the morning after taking the SmartGuard® out of your mouth. The perceived change in your bite should go away during the first hour after taking it out of your mouth.

How to take care of your SmartGuard®

- Store your SmartGuard® in a small cup of water when it's not being worn.
- Clean your SmartGuard® with any acceptable mouth guard or denture cleaner every day. Polydent with mint flavoring works well for this. If you don't use a denture cleaner regularly and store in water the SmartGuard® will get smelly and start to yellow in just a few weeks.
- Do not place the SmartGuard® in a closed dry container after use or cleaning. (This will cause it to turn yellow).
- Keep out of reach from pets and children.
- Replace your SmartGuard® if you notice holes developing on the hard bottom surface, the guard becomes smelly and yellow and can no longer be cleaned, if pieces of the guard begin to break off, or if it starts to become loose and falls out of your mouth routinely.

Warnings

The SmartGuard® Night Guard is designed as a night guard to be worn while sleeping and not to be worn more than 12 hours per day.

Do not use SmartGuard® if any of the following apply:

- * You have not consulted your dentist.
- * You have loose fillings or crowns.
- * You have weak or loose anterior teeth that will come in contact with the night guard.
- * Do not use SmartGuard as an athletic mouth guard.

Stop using and or see your dentist if you develop any of the following:

- * Sores on the gums.
- * More pain or symptoms in the mouth, jaw or head that lasts more than 7 days.
- * Your symptoms do not go away after 5 days.
- * Your teeth become loose.
- * If your guard disrupts your breathing, or falls out easily in your mouth.

To download your ebooks. (Bonus Code is case sensitive) Go to www.SmartGuardNightGuard.com and enter the bonus code. Bonus code is: Username/Password: StopTMJ

IMPORTANT! Please watch the video, “How to Mold” on our website at www.SmartGuardNightGuard.com prior to molding your SmartGuard.® The key to getting a good custom fit with SmartGuard® Night Guard is in the preparation and practice prior to the actual molding process, so *please practice the following steps before molding your SmartGuard®*



Step 1: Preparation You'll need the following items:

- Stove top pan, microwavable bowl or large soup mug filled with 2 to 3 inches of water.
- Glass of cool water.
- Metal fork.
- Timer, or watch.



Step 2: Push two tines of the metal fork in the open groove/notch on the bottom hard part of the SmartGuard®. Push until the fork fits snugly into the groove so that it won't come off in the water.

Step 3: Heat the water to a rapid boil, then remove the water from the heat source.



Do not wait for more than 15 seconds to submerge the SmartGuard into the hot water after taking it off the heat source.

Step 4: Submerge the SmartGuard® into the hot water with the fork and keep it fully submerged for 50 seconds.

Do not allow the SmartGuard® to touch the sides, or bottom of the bowl or mug.



Step 5: Five seconds prior to taking the SmartGuard® out of the water, take a large sip of cool water and swish it around your front teeth to cool your teeth and gums.

Step 6: While you are swishing, dip your index fingers and thumbs in the water to prepare to hold the hot SmartGuard®.



Step 7: With your thumb and forefinger, remove the SmartGuard® from the fork by holding the bottom hard corners of the SmartGuard®.

Step 8: Swallow the water you have been swishing and insert the SmartGuard® into your mouth, keeping your thumbs on the hard bottom material and pushing it into place on the upper teeth so that the “V” notch in the front is lined up between the upper front teeth.

Step 9: Bite down with medium pressure and suck the moisture out of the SmartGuard®. Try to suck the palatal soft material upwards onto your palate. Use your fingers to mold the outside front rim to your teeth and gums, pushing upward thinning the material.

Keep the night guard in your mouth for 90 seconds before taking it out.



Step 10: Remove the SmartGuard® from your mouth and place it in cold water for 15 seconds. Your SmartGuard® is now ready for night time use. If it does not fit snugly enough to remain in your mouth, you can go through these steps again to improve the molding.

For additional information and videos on how to mold your SmartGuard®, including trouble shooting tips, visit our website at www.SmartGuardNightGuard.com or scan this QR code with your Smart Phone to view videos on YouTube.

