



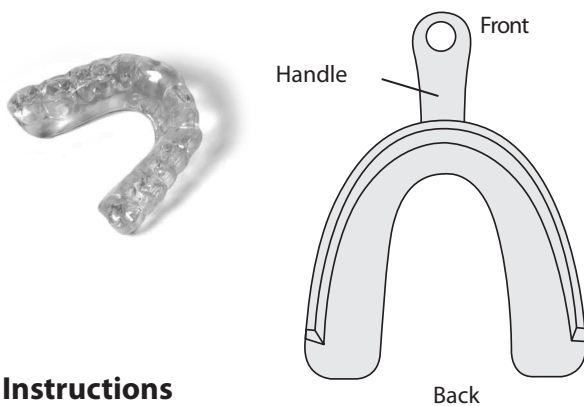
Splintdirect Instructions

Protects your teeth against teeth grinding.

Splintdirect is a specially developed mouth guard that will provide protection from teeth grinding and when you are wearing this night-time protector, the resultant wear on your teeth and will be considerably reduced. The BPA-free material from which it is made will provide cushioning and protection from grinding and/or clenching.

What do you need ?

- A cup of boiling water at a temperature of 90-100 °C
- A cup of warm water
- A Mirror & some sharp scissors



Instructions

1. Bring 500ml of water to the boil and pour it into a cup.
2. Place your Splintdirect into the boiling water for 20-25 seconds, holding it by the handle supplied at the front. (As in illustration)
3. Keep it in the warm water for only 1-2 seconds. This is to avoid you getting your mouth burnt in the next stage.
4. Look in the mirror and fit the Splintdirect onto the bottom teeth and then bite down onto it with the upper set, until they are firmly together.
5. Keep it in place for about 2 minutes without moving the jaw as this might influence the fit negatively. It must be allowed to cool down in your mouth after which time it is almost ready for use.
6. Check if the fit is comfortable and if necessary repeat the above steps.
7. Cut off the handle at the front using the scissors and your new Splintdirect is now ready to use.

Don't use the Splintdirect under the following conditions:

- If you have loose teeth and/or molars
- If you wear a brace
- If you are under 18
- If you wear full or partial dentures
- If you have inflamed and/or bleeding gums
- If you have any doubts consult your dentist first.

Stop wearing the Splintdirect under the following conditions:

- If you feel sick or that you might vomit
- If you feel loose teeth
- If it feels like you are biting things differently after wearing the guard
- If the Splintdirect comes out of the mouth easily
- If you experience bleeding gums or any other oral hygiene problems
- If you experience any other physical or mental complaint that you didn't experience before you started using the Splintdirect. This includes such things as headache, a stiff neck, myalgia, or jaw pain. If you have any doubts consult your dentist first.

Tips for users of Splintdirect

- Preferably wear your Splintdirect at night
- Clean your Splintdirect with lukewarm/cold water
- Replace your Splintdirect within 6 months
- Keep the Splintdirect in the storage box supplied
- If the Splintdirect easily comes out easily you can adapt its fit by repeating the original fitting process
- You can easily cut the Splintdirect shorter if it is too long for your teeth
- Preferably make the Splintdirect in the bathroom, in front of the mirror.

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