

Warnings

See your dentist for a consultation within the first three months of using this product.

Do not use:

- For more than three months without consulting a dentist.
- For more than 8 hours per day.
- As a sports mouthpiece. The product is designed to absorb top-to-bottom pressure not shock absorption.
- If you are not yet 18 years old.
- 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, a change in the appearance of your gums, 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 falls out of your mouth easily.
- The product disrupts breathing, feels uncomfortable or causes you to gag.
- You have a change in your bite that persists more than a few minutes after removing the product.

Wearers or users may experience choking or gagging while using this product. If this occurs, discontinue use and seek medical attention.

See your dentist every six months.
This product is BPA and latex free.

Refunds / Replacements

Replacing Your Dental Guard

All dental guards should be replaced over time. Please check your dental guard monthly for wear. The life of your DenTek™ dental guard depends on how often you grind and the force of your teeth grinding.

30 Day Money-Back Guarantee*

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

1 Year Protection Guarantee*

From date of purchase, we guarantee that 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 (one per customer). For a refund, or replacement details, call 1-800-433-6835.

Please allow 3 to 4 weeks for delivery of your refund/replacement.

*Only one guarantee per 12-month period. This guarantee is only valid for products purchased in the U.S. by customers living in the U.S.



800-4DENTEK (433-6835)
www.DenTek.com
Made in the USA

Mfd. for: DenTek Oral Care, Inc. Tarrytown, NY 10591
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FITTING INSTRUCTIONS

View Step By Step Fitting Instructions
Scan this code on your smart phone or
visit www.DenTek.com/comfort-how-to



About Your Dental Guard

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™ Comfort-Fit® Dental Guard adjusts to fit the LOWER teeth WITHOUT the need to heat and form it. There are 5 positions of adjustment on each side of the dental guard.

Figure 1A

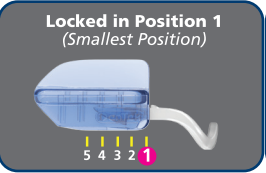
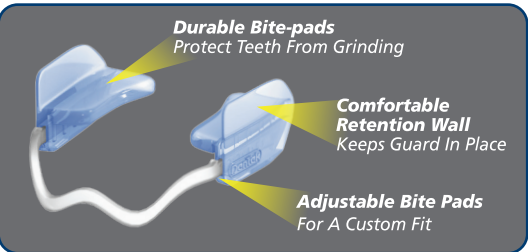


Figure 1B

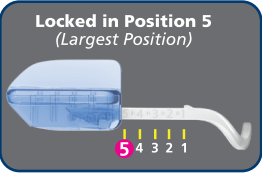


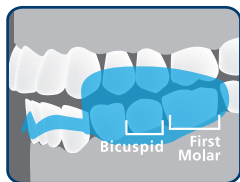
Figure 1C

Getting Started

For Best Results

- Both dental guards **SHOULD NOT** be worn at the same time.
- Read and follow the Comfort-Fit® fitting instructions.
- If you need assistance, call 1-800-433-6835 between 8am and 5pm EST and one of our trained specialists will help you.
- It may take time for you to adjust to wearing the dental guard, so begin wearing it one hour before you go to sleep.

Fitting Your Dental Guard



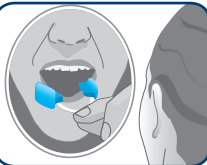
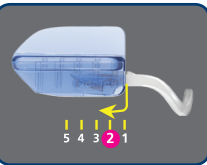
- Rinse the dental guard in warm water.
- Begin by test fitting your dental guard. The dental guard is currently in the smallest position, position 1 as shown in Figure 1B. Place on your lower teeth and bite down, making sure to cover at least one molar but not extending past your last molar. Use a mirror to determine that the bite pad reaches at least one molar.
- If the dental guard doesn't cover at least one molar, follow the instructions for adjustment.

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How Does it Fit?

Adjusting Your Dental Guard



- To adjust the dental guard, slide the molar pad back one notch. You will feel a positive "stop" when you have reached the next adjustment position. Repeat on the other molar pad so that both the right and left pads are aligned.
- Test fit the dental guard again to determine if at least one molar is covered and that it does NOT extend past your last molar on each side. If the dental guard still does not cover at least one molar, try the next notch back on both sides. There are five (5) adjustment positions to achieve the perfect fit.
- There is a built in stop that will not allow the molar pads to move past the first adjustment position or the last adjustment position. Once you have found the correct adjustment position, your dental guard is ready to wear.

NOTE: DO NOT force the molar pads further forward on the band. **DO NOT** bend or flex the front band too much as it may show wear marks or become deformed.

Ready to Wear

You are now finished with the fitting process and your dental guard should fit comfortably. However, if you are not satisfied with your Comfort-Fit® Dental Guard, or need a replacement, contact DenTek Consumer Affairs at 1-800-433-6835 to request your one time replacement Comfort Fit® 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.