

ULTIMATE GUARD
INSERT

USA
DKUS038603
Line 137879-6

INK COLORS						
						
PRO CYAN	PRO MAGENTA	PRO YELLOW	PRO BLACK			



We hope that you enjoy your new **DenTek Ultimate® Dental Guard.**
If you need help, please call us at:
1- 800-4DENTEK (433-6835)
(8:30-5:30 EST)

Watch how to fit video:
dentek.com/ultimatefit
QR code link to video ↓

- Water
- Mirror
- Digital timer
- Microwave
- Standard-size microwave safe mug
- Bowl of room-temperature water
- Metal fork



- Forming Tray with Guard
 - Case
 - Instructions

- A) Remove storage case and set aside.
- B) Check that the blue guard is securely attached to the white tray by pressing down on the 2 bite pads.
- C) The blue guard will remain attached to the white forming tray until Step 8.



A) To determine the correct amount of water, place the forming tray with guard into the mug and fill with water up to the fill line on the tray handle. (The tray and guard may float.)

B) Once the mug is filled, remove the forming tray with guard and set aside.



Using a microwave, bring the water in the mug (without the forming tray with guard) up to a **rolling boil**. Bubbles should rise up from the bottom of the mug and burst open at the surface. Time to achieve a rolling boil may vary between 3 and 5 minutes due to microwave wattage.

CAUTION: WATER AND MUG WILL BE HOT



- A) Place the forming tray with guard into the hot water with blue guard **tilted and facing down.**
- B) Make sure the blue guard is submerged under water (using a fork if necessary) and wait **3 minutes and 30 seconds.**
- C) While waiting, prepare mirror for step 5.



3 min 30 sec

A) Carefully remove the forming tray with guard from the mug and shake off excess water.

Using a mirror, place the forming tray with guard into your mouth, and without biting, push back so the centering post on the forming tray touches the center of your front teeth.

Guard may feel hot, but will cool down very quickly.

 3 min

SHAKE OFF EXCESS WATER



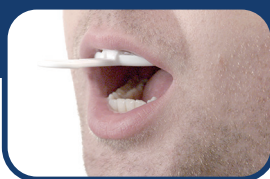
**PUSH BACK
CENTERING POST SO
IT TOUCHES CENTER
OF FRONT TEETH**



**BITE DOWN HARD
HOLD FOR 3 MINUTES**

Slowly open your mouth. **If fitted properly, the tray and guard will remain securely attached to your upper teeth.**

If not fitted properly, the tray and guard will fall off of the upper teeth. Leave the guard in the tray and return to step 1.



Secure 



Not Secure

Gently pull the tray and guard straight down then out.

Place the tray and guard upside down into bowl of **room temperature** water for **5 minutes** to allow guard to set.



Remove guard from tray by slowly pulling on the central connecting band to pop out. This may require some force.

YOUR DENTAL GUARD IS NOW READY FOR USE



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