



Dr. D.K Mittal Dental Corporation

Head Office: 693 McPhillips Street, Winnipeg, Manitoba R2X 2H6 (204) 774-7774 Fax: (204) 633-1143

246 Portage Avenue, Winnipeg, MB R3C 0B1 (204) 779-7779 Fax: (204) 633-1143

249 ½ Henderson Hwy, Winnipeg, Manitoba R2L 1M3 (204) 775-7775 Fax: (204) 667-6229

1531 Pembina Hwy, Winnipeg, Manitoba R3T 2E5 (204) 221-2221

1128 Richards St, Vancouver, BC V6B 3E6 (604) 566-7666 Fax: (604) 566-7660

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.