

SUGGESTED USE

The **Archtek Boil and Bite Bruxing Splint** is to be fitted only by a dentist in the dentist's office and is designed to be worn at night and to provide relief to patients that suffer from:

- To protect against tooth damage Bruxism and clenching caused by occlusal interferences.
- Provide short term relief from muscle spasm due to occlusal interferences.
- Prevention of Pain and chronic tension of temporomandibular joint syndrome components that are caused by chronic jaw clenching.
- A reasonable use life for the device is 2 - 6 months per tray. It is recommended that the patient have a periodic dental exam to address the evaluation of possible adverse effects related to extended use of the device.

WARNINGS

- Not intended for those who wear orthodontic braces, dentures, or other dental appliances.
- Discontinue use if the formed **Archtek Boil and Bite Bruxing Splint** does not stay comfortably in place or becomes easily dislodged from the teeth.
- Do not form to the teeth if sores or lesions appear in or around the mouth.

THE FITTING PROCEDURE

■ Without placing the **Archtek Boil and Bite Bruxing Splint** in boiling water, fit the unheated tray over the upper arch of the patient and check the length of the tray. The back of the tray may be trimmed as required with a scissors to accommodate different arch sizes. All rough edges will smooth when the tray is placed in warm water. Once the tray is warmed in hot water, the tray can easily adjust to varying arch sizes.

■ With the unheated tray over the patient's upper arch, have the patient practice creating a vacuum by sucking all air and water out of the tray. They should feel the tray collapse against the teeth and this is the way it will be fitted when the warmed tray is placed over the teeth.

DIRECTIONS FOR FITTING

■ Bring water to a boil in an appropriate container holding water to a depth of 4 inches on either a hot plate or in a microwave. After the water has boiled, remove the container from the heat or microwave so that the temperature range of 180°F–205°F is maintained for best forming of the tray. The container of warm water should then be transferred chair side for best forming results.



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■ Place the **Archtek Boil and Bite Bruxing Splint** in the hot, but not boiling water for 7 seconds. The soft tray can then be removed from the warm water with a metal dental instrument. When handling the softened tray, make sure that gloved hands are moistened with clean water to avoid having the tray stick to dry gloves.

■ Remove the **Archtek Boil and Bite Bruxing Splint** from the water bath and immediately position over the patients upper arch. The tray will be warm but will not burn.

Do not have the patient bite when forming the Archtek Boil and Bite Bruxing Splint

■ Direct the patient to form a vacuum by placing the tongue on the back of the **Archtek Boil and Bite Bruxing Splint** and sucking all the moisture out of the tray forming it to the anatomy of the teeth.

■ The finished exterior occluded surface of the **Archtek Boil and Bite Bruxing Splint** should be smooth without the impression of the lower teeth.

■ After forming the **Archtek Boil and Bite Bruxing Splint** in the mouth, remove after 30 seconds and rinse under cold tap water. Again place the bruxing tray in the patients mouth and check for a proper and tight fit.

■ The **Archtek Boil and Bite Bruxing Splint** should remain in place without a tendency to fall off the teeth. If the tray appears loose, the tray can be reheated and reformed.

INSTRUCT YOUR PATIENT TO DISCONTINUE USE OF THE ARCHTEK BRUXING SPLINT AND TO CONSULT WITH YOU IF:

- They bite completely through the tray
- If the tray easily falls off the teeth or causes a gag reflex
- If they experience a soreness or uncomfortable reaction on the soft tissue on the inside of their mouth.
- If they experience new jaw pains or any head or neck stiffness that was not present prior to using the Archtek bruxing splint.
- If they experience a significant change in their bite.

MAINTENANCE

- After use, rinse under cold tap water
- Store in vented storage case
- Keep out of direct sunlight and away from excessive heat

CAUTION

US Law restricts this device to sale by or on the order of a dentist.

Instructions for fitting the Archtek Form Fit

Boil & Bite Bruxing Splint

KIT CONTAINS

- 2 Form Fit Boil and Bite Bruxing Splints
- One Size—Trim to Arch Size
- 7" Storage Case with a Mirror



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Made in USA • Case made in China