



## Instructions For Use

### Indications For Use

GrindRelief is a mouth guard intended to protect against clenching and grinding (bruxism).

### **OBSTACLES TO ACHIEVING A PERFECT FIT**

The most common problem is the thermoplastic shrinks, after forming the device, making the fit too tight or unable to seat, even a week or two later. This is easy to solve - simply immerse the GrindRelief in microwaved water for 5 to 10 seconds, (do not reheat until entire device is clear and soft) and place it over the teeth, lift it on and off several times as it comes to complete set and remove – do not shock it under cold water.

If the device is too loose, place it in microwaved water for about 30 seconds, press the thermoplastic back into the tray and seat device. Hold it in place until it sets.

***Do not form the GrindRelief without reading these instructions and/or watching the instructional video. GrindRelief may be fit on the upper or lower teeth, whichever is free of problems listed in the Warnings/Contraindications section below.***

### **Forming Instructions**

1. Fill a mug or bowl with half-cup of water; then warm -- do not boil -- in a microwave (on "High") for 90-120 seconds. Water bath and instant hot water faucet may also be available. Use caution; water will be hot.
2. Submerge GrindRelief in heated water -- it should be approximately 160°F -- with the smooth, shell-side down, for 90-120 seconds, or until the device is completely translucent.
3. Remove GrindRelief from the water. Be sure it is not too hot to the touch.
4. Fold the softened thermoplastic into the hard plastic tray, for better control of the flow.

### **Forming to lower teeth (see Warnings/ Contraindications below before forming)**

5. Place the GrindRelief over the mandibular anterior teeth using the **Central Power Bar** as a guide to center the device. Use the fingers to press down lightly on the device to gently seat it on the teeth.
6. Border mold - tuck any excess thermoplastic into the shell. With index finger, smooth lingual side for a more comfortable fit.
7. Have the patient bite down for 90 seconds to further seat the GrindRelief until pressure is felt, mainly on the upper and lower front teeth. **DO NOT** use excessive force.
8. Gently move the GrindRelief up and down to avoid possibility of lock-on. Then have the patient bite back down 60-90 seconds. While fitting, do not leave on the teeth longer than 90 seconds without lifting it off.
9. Remove GrindRelief and then re-insert in the mouth to confirm the fit.
10. Any sharp or uncomfortable edges may be trimmed with scalpel, bur or suture scissors; edges are best trimmed when slightly soft.

### **Forming on upper teeth (see Warnings/ Contraindications below before forming)**

Same as lower but be sure to push GrindRelief back as far as possible against front teeth then gently bite teeth together bringing lower teeth forward to bite on power bar for 90 seconds. Complete fitting as described above in steps 6-9. If patient comfort becomes an issue, the anterior dome may be removed by trimming on a model trimmer.



## **WARNING!**

### **Contraindications**

- The presence of temporary crowns on either the upper or lower anterior teeth
- Extremely crowded, spaced, loose or periodontally-involved anterior teeth. If forming on crowded teeth, follow above steps 1 – 7, but rock the device buccal to lingual and lift on and off frequently during setting. If the device won't seat or is too tight, reheat in 160°F water for 10-15 seconds. Only lift on and off during the final set.
- The presence of orthodontic braces or a fixed-wire retainer on either the upper or lower anterior teeth
- Device causes gagging or discomfort
- If any of the anterior teeth are extremely elongated or if restorations are loose or missing (If one tooth protrudes above the others, the dentist must even it before forming GrindRelief.)
- When the user is less than 18 years old, unless parental permission has been given
- In rare cases where GrindRelief causes pain or discomfort, difficulty chewing after wearing. Discontinue use until consulting with Grind Guard Technologies.
- Stop using immediately if the bite changes and doesn't go back within one hour of removal, or if the patient reports new or worsening symptoms, respiratory or other health problems.

### **Note**

In some cases, it may be advisable to create a clear splint for the opposing arch, to offer more vertical dimension, or if tooth movement is suspected. This may be at a subsequent appointment, after the patient has some experience wearing the GrindRelief. Clear, 0.020 plastic vacuum-formed sheets are included in the GrindRelief PRO Prepack (Item #210) for that purpose.

### **Home Care Instructions for the Patient**

- Clean with toothpaste and toothbrush
- Store in case and protect from high temperatures
- Soak in hydrogen peroxide once a week for 10 minutes, rinse and dry
- Do not wear device more than 12 straight hours
- Remove device before eating and drinking



Video for custom fitting  
GrindRelief in the dental office.

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Made in USA  
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