

Wearing & Caring *for your* **DentaBite[®]**

Stoneglass Industries has designed and manufactured your DentaBite Occlusal Splint to the highest standards available in modern dentistry. We are confident that under normal wear conditions and by following these simple care instructions, your DentaBite will perform to a high standard and deliver the results as prescribed by your Dentist.

Wearing your DentaBite[®].

DentaBite is primarily designed to protect your teeth or new crowns and bridges from sleep grinding and clenching. It will also help maintain your teeth in position. You may also find that with decreased bruxing (clenching and grinding) your jaw muscle tension may also decrease, leaving you more relaxed which supports a better night's sleep.

Typically Occlusal Splints are prescribed for night time use. However because DentaBite is precision manufactured, it is thin, light, translucent and ultra comfortable. You may find that wearing it during the day during peak times of stress or for pro-longed periods of concentrated mental or physical effort is equally beneficial. Confirm the benefits of wearing DentaBite during the day with your Dentist and if approved, wear it with confidence.

Once DentaBite is fitted by your Dentist it should feel snug against your teeth, but not tight or at all uncomfortable. DentaBite is designed to be a 'tooth borne' splint, so it should not rub or create any pressure against your gums. At night, DentaBite allows your jaw to relax into the comfortable position as prescribed by your Dentist. This position is not always the same as the natural position your jaw takes when both sets of teeth meet, so the feeling may be unnatural at first or after a night sleep with DentaBite in place. You will find that once DentaBite is removed your jaw will function 'normally' and the feeling will return to completely natural.

Caring for your DentaBite[®].

DentaBite is manufactured from a super tough and durable LSG (Life Science Grade) Poly Carbonate. This particular plastic was selected for a number of reasons one of which being its ease of care. DentaBite is a nearly unbreakable and very low maintenance appliance under normal use and conditions.

Clean your DentaBite before and after each use with cool to warm water, a mild soap (not toothpaste) and gentle brushing with a dedicated tooth brush. Be sure to rinse and dry your DentaBite thoroughly before storing in between use.

Store DentaBite in a dry location away from unnecessary moisture, this will help extend the life of your splint. Stoneglass recommends your splint be stored in the DentaBite storage case supplied when shipped.