

Ask your Dentist about the *No Impression Reorder*

The miniComfort[®] carrying case comes with a reorder number. Simply provide this number to your dentist and new appliances will be fabricated right away for your pick-up.



- ◆ The miniComfort[®] is intended for day and night use.
- ◆ Always wear the miniComfort[®] over Clean Teeth.
- ◆ **Never Place in Hot Water**
- ◆ Upon awakening, rinse with cool water and massage with antibacterial hand soap in and around the appliance, let stand for two to three minutes, rinse again and dry with paper towel.
- ◆ Never clean your miniComfort[®] in a dishwasher..
- ◆ Store dry in open case whenever possible and out of the reach of pets. Wear miniComfort whenever you need it, but leave it out for a total of 8 hrs. every 24 hr.
- ◆ Never wear while eating or drinking. If conscious clenching is uncontrollable, Physical Therapy may be prescribed.
- ◆ The miniComfort[®] is designed as an aid for breaking a habit, and is not intended to be a punching bag for opposing teeth. Wearing the miniComfort[®] is intended to promote awareness and relaxation. (Like Biofeedback or for Habit Awareness).
- ◆ Breaking habits requires concentration. Try to focus on not clenching. Sometimes life is such that the clenching will override attempts to relax.
- ◆ Experiences involving physical exertion, stress, exercise, anger, and intense concentration all have a high potential for clenching damage, as with driving, running, working, parenting, working out, etc., during these times try to focus on relaxing.
- ◆ Note: an over the counter boil and bite guard is no substitute and can irreversibly damage your bite.
- ◆ If you have any pain or discomfort with this miniComfort[®] stop wearing it and call your dentist.
- ◆ **NEVER Use Hot Water when Cleaning**
- ◆ **If your miniComfort[®] changes so as to allow easy removal without hands STOP WEARING the miniComfort[®] IMMEDIATELY and make an appointment with your Dentist.**