

SomnoBrux™

INSTRUCTIONS FOR USE ENGLISH



Thank you for selecting SomnoBrux



The SomnoBrux is an oral device used to protect a patient's teeth against damage resulting from bruxism. These instructions will provide you with important information on the correct use and care of your SomnoBrux (hereafter referred to as "device").

Important

Please read this entire guide carefully before using your device. Contact your dental sleep professional should you have any questions.

Indications for Use

The SomnoBrux splints are used to protect teeth and restorations from the forces of bruxism.

Contraindications

These devices are contraindicated for patients who:

- » Have loose teeth
- » Have advanced periodontal disease
- » Are under 18 years of age

Warnings and possible side effects

Use of these devices may cause:

- » Tooth movement or changes in dental occlusion
- » Gingival or dental soreness
- » Pain or soreness to the temporomandibular joint
- » Obstruction of oral breathing
- » Excessive salivation

You may experience some temporary side effects. However, if these symptoms persist, contact your dental sleep professional and maintain regular sleep dental check-ups.

Before first use

Before first use, thoroughly clean your device following the cleaning instructions in this manual.

Using your device

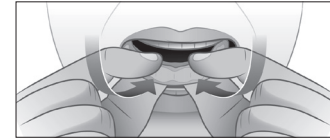
Important

- » Keep your device away from pets and small children
- » Always follow maintenance instructions for cleaning and care of your device
- » You may initially experience a mild plastic smell and taste. This will disappear with storage and use
- » If any device components are damaged or broken, halt use to avoid injury. For example, choking or laceration

Fitting your device

- Inserting the upper splint
Place the upper splint in your mouth as indicated in Fig. 1. Press up on both sides of the splint using your thumbs to ensure it fits securely and comfortably.

Fig. 1: Inserting the upper plate



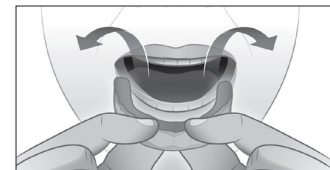
- Inserting the lower splint (if supplied)

Place the lower splint in your mouth. Press down on both sides of the splint using your index fingers to ensure it fits securely and comfortably.

Removing your device

Always remove the lower splint first (if supplied). Using your thumbs on both sides, gently pull the lower splint in an upwards motion to remove as indicated in Fig. 2. Using your index fingers and thumbs, gently pull the upper splint down and forward to remove it.

Fig. 2: Removing the lower plate



Cleaning

Clean your device immediately after each use.

1. Rinse in cold or lukewarm water, no greater than 45°C / 113°F.
2. Clean with a soft toothbrush and mild liquid soap.
3. Rinse well.

SomnoMed recommends using SomTabs to clean your device. SomTabs clean hard to reach areas and effectively eliminates bacteria and odours.

Caution

- » Always follow the cleaning instructions and use mild liquid soap. Some cleaning agents may damage the device
- » Never use hot or boiling water on your device
- » Do not use toothpaste, as it contains abrasives that may damage the device
- » Do not use mouthwash to clean your device
- » Do not use ultrasonic cleaning
- » Do not use organic solvents like ethanol, acetone, etc

Storage

When not in use, store your device fully submerged in clean water in the storage container supplied. Store your device out of direct sunlight.

Travelling

Protect your device when travelling by using the supplied storage container. Ensure your device is thoroughly clean and dry before travelling.

Important

Do not travel with your device stored in water or any other liquid.

Maintaining appearance of your device

To reduce the possibility of discoloration, always brush teeth thoroughly before use. Do not smoke or drink coffee, tea, colas or wine with your device in place. Amalgam fillings or the use of Pyralvex® (a solution for mouth ulcers and denture irritation) may cause discoloration of your device over time.

Discolouration of the material will not adversely affect the performance or life of your device.

*Pyralvex is a trademark and brand of Meda AB, Sweden.

Regular Inspection

Regularly inspect your device for signs of damage, including cracking. If your device is damaged or broken it must no longer be used. This will avoid injuries, such as choking or laceration.

Immediately contact your dental sleep professional. They will arrange for your device to be repaired by an authorised SomnoMed facility.

Warranty

All SomnoBrux splints come with a full 1 year warranty from date of purchase, which covers all manufacturing defaults and breakages. Refer to sommomed.com for the latest information on SomnoMed's warranty policy.

The warranty does not cover damage from improper use, abuse, pet chewing, exposure to excessive heat, exposure to caustic cleaners, or where dental work is completed post order placement.

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