

MiniComfort[®] is a patented product that your dentist has prescribed to you to help save your teeth. It is intended to protect your teeth from wear, for cessation of bruxing and clenching, and to aid in headache prevention. MiniComfort splints are designed to decrease the biting force of your jaw, in effect minimizing the ability of your muscles to bring your teeth together in a damaging way. Different from other splints, MiniComfort will remind you when you are biting too hard in an effort to change your behavior.

MiniComfort is made to wear at night and during the day. Always wear the MiniComfort over clean teeth. 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 use a paper towel to dry. A five minute soaking in mouth rinse, followed by rinsing with cool water, is an ideal way to minimize bacteria growth. **IMPORTANT: Never use hot water.**

Store your MiniComfort in a dry, open case whenever possible and out-of-reach of pets. Never wear MiniComfort longer than sixteen hours in a 24 hour period, or tooth movement may occur. Consult your dentist for the appropriate usage time for you. Do not wear when eating or drinking. If conscious clenching is uncontrollable, physical therapy may be prescribed.

MiniComfort is designed as an aid for breaking the bad habit of clenching and grinding. When your upper teeth contact one or both elements, relax and open slightly. Although unconscious nighttime clenching does not harm the appliance, conscious clenching is harming you. Breaking habits requires concentration. Sometimes life is such that clenching will override attempts to relax. MiniComfort is intended to help you focus on not clenching. Experiences involving physical exertion, stress, anger and intense concentration all have a high potential for clenching damage, such as driving, exercising, working, parenting, etc. During these times try to focus on relaxing your jaw.

Important Notes

NEVER use hot water when cleaning. If your MiniComfort becomes easily removable without hands, or if you have pain or discomfort with your MiniComfort, stop wearing it and make an appointment with your dentist.