Brush and floss your teeth before placing the Comfort H/S Hard Soft Bite Splint in your mouth.

Do NOT soak the bite splint in mouthwash, denture cleaner or alcohol.

Do NOT place the bite splint in hot or boiling water or expose to excessive heat (such as direct sunlight). This may distort the appliance. After use, rinse the bite splint with water and store dry.

Clean the bite splint with soap and warm water ONLY. If the bite splint becomes loose, tight or causes you any discomfort, contact your dentist immediately.

Please call if teeth or muscles become sensitive and sore.