

Brux Checker®

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The Brux Checker® foil is a diagnostic tool used by dentists. It has a biocompatible color coat on one side of the foil, which will mark areas where your teeth make contact. Based on the grinding pattern, your dentist can evaluate potential disorders of your stomatognathic system such as clenching or grinding (bruxism).

You've been given two upper custom-fitted Brux Checker® foils.

- (1) Wear during the day,
- (2) Wear at night while sleeping.

To get the best results, please follow these simple steps:

- Avoid alcohol-based mouthwash, as it can fade the color and may stain your tongue.
 - When placing the foil, press it gently on the front teeth first, then the back teeth.
 - Remove it in reverse order, starting with the back teeth and then the front. You can use your finger nails to help remove the foil.
 - Rinse with lukewarm water and let it dry. Keep it on the provided model to prevent deformation. Avoid direct sunlight.
 - Avoid alcohol and sleeping pills, as they can affect the grinding pattern.
 - Remove the foil while eating and put it back as soon as possible after finishing eating.
 - Wearing time: 8-12 hours (night time or day time)
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Occlusal splint

Occlusal splints, known as night guards, are beneficial for reducing tension, decreasing muscle activity, and preventing harmful effects caused by bruxism and temporomandibular disorders.

Wear the occlusal splint (splint) as often as instructed by your dentist.

Cleaning and maintaining your night guard

- After removing the splint, rinse it with lukewarm water. You can lightly brush the splint with a toothbrush. No need to use toothpaste since some toothpaste can be abrasive, it may scratch the splint.
- Let the splint dry completely before storing it. Always store the splint in a case. Avoid extremely hot or cold temperatures.
- Keep your night guards safely out of reach of your pets.
- You can deep clean the splint once a month (or more often if desired). You can use the over-the-counter cleaner for dentures or aligners.
- Do not soak the splint in any liquid containing alcohol, including some mouth rinse.
- Keep your case clean.