

# BEFORE GETTING STARTED

Your Zero-Grind Nightguard Package Includes:

*bonus*



2 Nightguards



Anti-Bacterial Case

## THINGS YOU'LL NEED:



Wet paper towel



Bowl of cold water



Microwave (1100+ watts\*)



Microwave-safe plate

\*Lower-watt microwaves may require longer heating times.

## 1 STRETCH AND TEST FIT

**STRETCH** by placing your thumbs in-between the nightguard walls and pressing outward.



**TEST FIT** by placing unmolded nightguard over your upper teeth. Then practice placing your tongue on the roof of your mouth while sucking in. This suction will form the heated nightguard to the contours of your teeth for a tight, comfortable fit.

## 2 WRAP ONE NIGHTGUARD IN WET PAPER TOWEL, PLACE ON PLATE AND MICROWAVE FOR 30-35 SECONDS\*

**IMPORTANT:** Tuck wet paper towel into nightguard walls to ensure edges do not fold onto themselves while heating.



\*1100-watt microwave. Lower-wattage microwaves may require longer heating times, up to one minute.

## 3 GENTLY REMOVE WRAPPED NIGHTGUARD AND SUBMERGE IN COLD WATER FOR 2-3 SECONDS

**CAUTION:** Paper towel will be hot.



## 4 FITTING YOUR NIGHTGUARD

Unwrap the nightguard and place it over your top teeth. The nightguard should have a consistency similar to gum or putty. If not, it may require additional heating time.

Before biting down, put your thumbs and index fingers in a pinching position and firmly press the nightguard evenly against your teeth, front and back.



If you have braces, do **NOT** press nightguard against teeth; it will form naturally around the brackets and wires.

Bite down lightly and press your tongue against the roof of your mouth. **Be careful not to bite through the material.** Close your mouth and suck until the nightguard is firmly in place; continue to press over your lip with your fingers to form teeth impressions.



*To refine fit, go back to Step 2 and repeat the process.*

## QUICK NOTES

Your nightguard will settle into a more secure fit 24 hours after molding; it does **NOT** need to be molded before every use.

To shorten nightguard, trim the back/molar edges and repeat fitting process.

To lengthen nightguard, after heating, pinch the back/molar edges, gently stretch and repeat the fitting process.

Nightguard can be remolded unlimited times.

**100%  
SATISFACTION  
GUARANTEED**

If you have any questions about fitting, visit [Zero-Grind.com](http://Zero-Grind.com) or call 800.894.5895 to speak with a dentist who will happily help you achieve the perfect fit.

**NOTE:** This package includes a bonus nightguard in case the walls of the first fold onto themselves while molding.

However, even if the wall of both of your nightguards fold onto themselves, or if you are unhappy for any reason at all, please contact us for a replacement at no extra charge.

## FREQUENTLY ASKED QUESTIONS



### ARE ZERO-GRIND NIGHTGUARDS CLEARED BY THE FDA?

Yes. Zero-Grind Nightguards are FDA-cleared, BPA-free, PVC and phthalate-free. Plus, they're hydrophobic, so they will not absorb moisture that can harbor bacteria.

### HOW ARE ZERO-GRIND NIGHTGUARDS DIFFERENT?

Zero-Grind Nightguards are the only nightguards constructed from Vistamaxx™, an advanced material that offers superior fit and comfort.

### CAN I REMOLD MY NIGHTGUARD?

Yes. Zero-Grind Nightguards can be remolded an unlimited amount of times by repeating steps 2-4 of instructions on the reverse side.

### HOW DO I CLEAN AND STORE MY NIGHTGUARD?

Clean the surface with soap and lukewarm water. Alternatively, Zero-Grind Nightguards are dishwasher safe. When not in use, store your nightguard in the included anti-bacterial ventilated case.

### ARE ZERO-GRIND NIGHTGUARDS SAFE TO USE WITH BRACES?

Yes. You can use your nightguard with metal or invisible braces. See step 4 of instructions on the reverse side.

### DOES IT MATTER IF I WEAR THE NIGHTGUARD ON MY UPPER OR LOWER TEETH?

No, it is completely up to you what is more comfortable, though most people wear it on their upper teeth.

### DO I NEED TO MOLD AND USE BOTH NIGHTGUARDS AT ONCE?

No, only use one nightguard at a time. The bonus nightguard is included in case you have problems molding the first.



**Zero-Grind**  
NIGHTGUARD

**FITTING INSTRUCTIONS**