

INSTRUCTIONS FOR USE

*SomnoBrux*<sup>®</sup>

R<sub>x</sub>Only

APAC

English

 *SomnoMed*<sup>®</sup>



# Thank you for selecting SomnoBrux



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

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

## Contraindications

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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

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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 regular sleep dental check-ups.

## Before first use

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

## Using your device

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### 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 use
- » If any device components are damaged or broken, halt use to avoid injury. For example, choking or laceration

## Fitting your device

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Your device is designed to fit onto either your top or bottom row of teeth. Place the device onto the row of teeth as directed by your dental sleep professional. Press on both sides of the device to ensure it fits securely and comfortably.

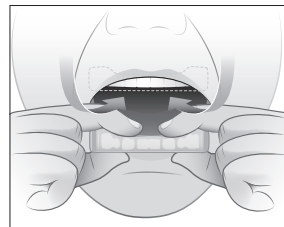


Fig. 1: Inserting the upper plate

## Removing your device

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Using your index fingers and thumbs on both sides of the device, remove device from your teeth. Remove the device from your mouth.

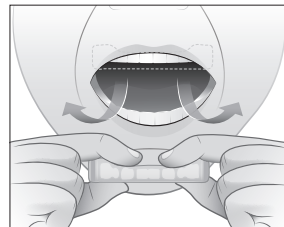


Fig. 2: Removing the upper plate

## Cleaning

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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 in cold or lukewarm water.

SomnoMed recommends using SomTabs to clean your device. SomTabs clean hard to reach areas and effectively eliminate 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

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Use the storage container supplied with the lid off to store your device. Ensure the storage container is clean and dry. Store your device out of direct sunlight.

## Travelling

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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 the appearance of your device**

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To reduce the possibility of discolouration, 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**

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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.

If your device is damaged, immediately contact your dental sleep professional. They will arrange for your device to be repaired by an authorised SomnoMed facility.

## **Warranty**

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During the warranty period for material defects applicable in the end consumer's country, SomnoMed shall assume responsibility for the warranty for material defects (but not for damage to the contractual merchandise by the end consumer).

Refer to [www.somnomed.com](http://www.somnomed.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.

## **Returning your device**

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Warranty repair work can only be completed by an authorised SomnoMed facility. You must return your device through your dental sleep professional.

Do not return your device directly to SomnoMed. Do not include any accessories with your return. New accessories will not be issued with device repairs.



[somnomed.com](http://somnomed.com)



**SomnoMed Philippines Inc.**

Allegro Center, Level 3  
2284 Pasong Tamo Extension  
1231 Makati City, Philippines

**SomnoMed Ltd.**

Level 3, 20 Clarke Street  
Crows Nest  
NSW 2065 Australia

**SomnoMed UK Limited**

Compass Point Business Park,  
Raleigh House,  
14c Stocks Bridge Way, St Ives  
PE27 5JL, United Kingdom



**SomnoMed AG**

Steinhauserstrasse 74  
6300 Zug, Switzerland



**SomnoMed France SAS**

Les Espaces Mermoz  
36 Impasse Louis Blériot  
44150 Ancenis, France

**SomnoMed Canada Inc.**

221 Talbot Street West  
Leamington  
ON N8H 1N8, Canada

**SomnoMed Inc.**

Plano , TX 75024  
United States of America

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