



*Nightguard and Occlusal
Appliance*

Instructions for
Use

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Patient Name: _____

Prescribing
Physician: _____

Fitting
Physician: _____

Model: _____

Serial No: _____

Date of Initial Fitting: _____

Notes: _____

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Congratulations for taking this step to help protect your teeth and/or alleviate TMJ discomfort.

Your healthcare professional is dedicated to help you get the most out of this device.



Appliance Description

The Serena Sleep Nightguard/Occlusal Appliance are custom-made intraoral orthotic used for protecting teeth and restorations against the forces of bruxism and alleviating temporomandibular joint, jaw, and muscle and tension headache pain. These appliances are made of durable, medical grade, Nylon PA2200 (polyamide 12) unless otherwise noted.

Rx only. Federal law restricts this device to be sold only by or on the order of a prescription.

How to Use Your NIGHTGUARD and OCCLUSAL Appliance

Remove the Serena Sleep Nightguard/Occlusal Appliance from the package and examine them.

Working with your dental healthcare professional, determine if the appliance is fitted for your upper or lower teeth. If both are included, determine which appliance is for your upper teeth and which is for your lower teeth. Wear your appliance(s) as instructed by your dental healthcare professional.



Inserting your Appliance(s)

If an upper appliance is used, insert it into the mouth and press up on the appliance with both thumbs to ensure that it fits securely and comfortably. If a lower appliance is used, place it in the mouth and press down on both sides of the appliance using index fingers to ensure it fits comfortably.

Patient should gently bite down on the appliances to ensure they are seated and comfortable on the teeth.

Removing the Appliance

To remove the appliance(s), use thumb or fingernail on the edge of the appliance near the back of the mouth and push away from the teeth then peel the appliance from the rest of the teeth.

Period of Use

From the time you receive the appliance, wear it as instructed by your dental healthcare professional. If you haven't worn it within the first year, consult your dental professional for guidance. Replace the appliance when it cracks, fails to stay in your mouth, or as instructed by your dental healthcare professional. If you have any questions or concerns, please contact your dental healthcare professional.

Cleaning and Storage

It is very important to clean your Serena Sleep appliance daily to ensure you get the best benefit and longevity from the appliance. Please follow the steps below to clean your appliance.

- Always clean your appliance in the morning immediately after having removed it from your mouth.
- Use a soft toothbrush.
- Do not use toothpaste as it contains abrasives.
- After having removed the appliance from the storage case, thoroughly brush it with a toothbrush and antibacterial soft soap and rinse.
- Dry all parts of the appliance and storage case carefully and thoroughly using a clean towel.
- When not in use, the appliance should be stored in your storage case and kept away from children, pets and out of direct sunlight.

Recommended Deep Cleaning

Deep clean your Serena Sleep appliance twice a week. Fill your provided container about $\frac{1}{2}$ full with warm water. Add a compatible cleanser (your appliance is made from Nylon 12 material) and then place your appliances into the container. Submerge your appliances according to the cleanser instructions.

After the cleaning process is complete, rinse

your appliance and dry it. Discard the used cleaning solution and rinse and dry your container.

Note that some cleansers contain allergen ingredients. Be sure to follow the cleaner's instructions and warnings.

Warranty

Serena Sleep warrants this appliance to be free from defects in materials and in fabrication for a period of 12 months from the date of delivery to the providing practitioner. This device is used for protecting teeth and restorations against the forces of bruxism and alleviating temporomandibular joint, jaw, and muscle and tension headache pains source. Serena Sleep does not make any guarantees regarding the outcome of the treatment.

Serena Sleep warranty is invalidated if the appliance needs to be remade due to change in the patient's oral anatomy.

The warranty is invalidated if the patient breaks, cracks or wears through any area on the appliance.

Warranty does not cover improper cleaning, unauthorized modifications or any other non-manufacturing related issues or any accessory parts.

Notes:

08:25



“Comfortable Effectiveness”

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