

# Cleaning and Care Instructions for Argen Bite Splints

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Welcome to your Argen Bite Splints experience. This splint has been customized for you and designed for comfort. Wear your splint as prescribed by your dental professional and follow your daily routine of brushing and flossing after each meal. Keep up with regular dental appointments and check the fit and condition of your appliance during each visit. If you have any new dental work done, confirm the fit of this appliance with your dental professional. If you experience discomfort or pressure, please contact your dental professional for follow-up.

## Cleaning and Maintaining Your Bite Splint

### 1. Daily cleaning

Argen recommends cleaning your appliance daily before and after every use. Immediately after removal, use warm water (not to exceed 45°C/113°F) and soap to remove remaining saliva and debris from the device.

### 2. Using cleaning agents

For periodic removal of debris and maintenance, you can use any mild over-the-counter cleaning agents designed for oral devices. If needed, use a soft bristle brush to clean the inside of your appliance for debris removal. Some of the validated cleaning agents include Dawn dish soap, Polident, Efferdent, 3% peroxide solution, and mouthwash.

### 3. Cautions

- DO NOT SOAK your appliance in any liquid for more than 1 hour.
- DO NOT use abrasive cleaning agents (i.e. toothpaste) as it can shorten the life of your appliance.
- Dispose of the cleaning solution after every use. Rinse the appliance well prior to use.
- DO NOT SOAK the appliance in water hotter than 45°C/113°F due to risk of warping the device.

Argen recommends against eating or drinking with the appliance. Drinking hot liquid may affect the fit of the appliance. Please remove the device prior to eating for optimal performance, fit, and long life. Please remember to handle your bite splint with care. Ensure to dry your appliance prior to storing it in the case to prevent bacterial growth.