

[Manuals.plus](#) /

› [Oral-B](#) /

› Oral-B Nighttime Dental Guard Instruction Manual - Model I00028074

Oral-B I00028074

Oral-B Nighttime Dental Guard Instruction Manual

Model: I00028074

1. PRODUCT OVERVIEW

The Oral-B Nighttime Dental Guard is an over-the-counter, moldable mouth guard designed to protect against symptoms of bruxism, such as nighttime jaw clenching and teeth grinding. When used correctly, this guard helps protect teeth and significantly reduces noise associated with bruxing and teeth grinding.

Manufactured from a safe, BPA-free material, the guard can be custom-molded at home in approximately 3 minutes. Its thin profile is designed for comfort. The guard is wearable for up to 6 months.



Image 1.1: The Oral-B Nighttime Dental Guard kit, including the guard, impression tray, and storage case, with its packaging.

Key Features:

- FDA-audited and USA-made dental guard.
- An economical alternative to custom dental guards.
- Quick 3-minute custom fitting process at home using a microwave.
- Designed for bruxism sufferers to reduce tooth damage and grinding noise.
- Infused with Original Scope Mint Flavor.

- BPA-free and Latex-free material.
- Prevents contact between upper and lower teeth.
- Includes: Guard, Impression Tray, and Storage Case.

2. SAFETY INFORMATION

Please read all safety information carefully before using the Oral-B Nighttime Dental Guard.

Do Not Use If:

- You intend to use it as a sports mouthpiece. This dental guard does not provide shock absorption.
- You are under 18 years old.
- You have loose teeth.
- Your dentist has diagnosed you with temporomandibular joint (TMJ) disorder.
- You experience tooth or jaw pain.
- You wear dentures, braces, or other dental devices.

Consult a Dentist Before Use If You Have:

- Major health problems or serious breathing/respiratory conditions.
- Oral sores, bleeding gums, or any gum diseases.
- Cavities without fillings, loose fillings, or loose caps.
- Difficulty chewing or pain in the jaw, teeth, or face.
- Two or more missing teeth.

Stop Use and Consult a Dentist If:

- You experience soreness, bleeding gums, or any other oral reaction.
- You experience jaw pain, tooth pain, ear pain, headache, neck stiffness, or joint discomfort.

3. SETUP AND CUSTOM FITTING

The Oral-B Nighttime Dental Guard is designed for a custom fit at home. Follow these steps carefully for optimal results.

3 SIMPLE STEPS FOR TEETH-GRINDING PROTECTION

A Custom Molded Guard in Less Than 3 Minutes

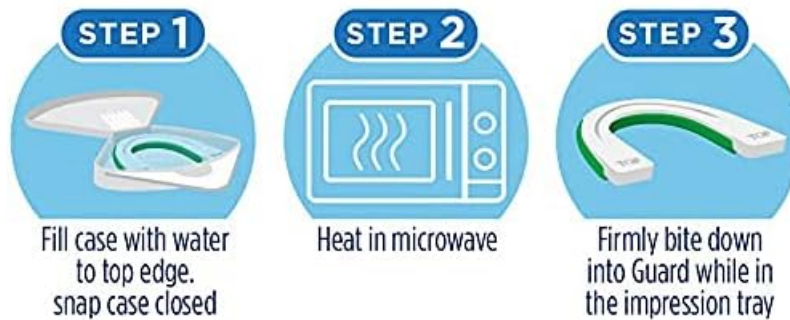


Image 3.1: Visual guide for the 3-step custom fitting process.

1. **Prepare the Guard:** Open the package and remove the guard, impression tray, and storage case.
2. **Heat the Guard:** Place the guard within its impression tray into a microwave-safe bowl. Fill the bowl with water to cover the guard. Microwave for approximately 1 minute (adjust based on microwave wattage; lower wattage may require slightly longer). The guard should become soft and pliable.
3. **Mold the Guard:** Carefully remove the tray from the microwave. Allow it to cool slightly so it's warm but not scalding. Place the softened guard (still in the impression tray) into your mouth. Bite down firmly to create an impression of your teeth. Hold this position for about 2 minutes to allow the guard to begin setting.
4. **Cool and Set:** Remove the guard and tray from your mouth. You may place it in a bowl of ice water for 5 minutes to help it harden and retain its shape.
5. **Remove from Tray:** Gently separate the molded guard from the green impression tray. Be patient and gentle during this step to avoid damaging the guard. If it's difficult to remove, soak it in ice water for a bit longer.
6. **Test Fit:** Insert the molded guard into your mouth to check for a comfortable and snug fit. It should feel secure but not tight.

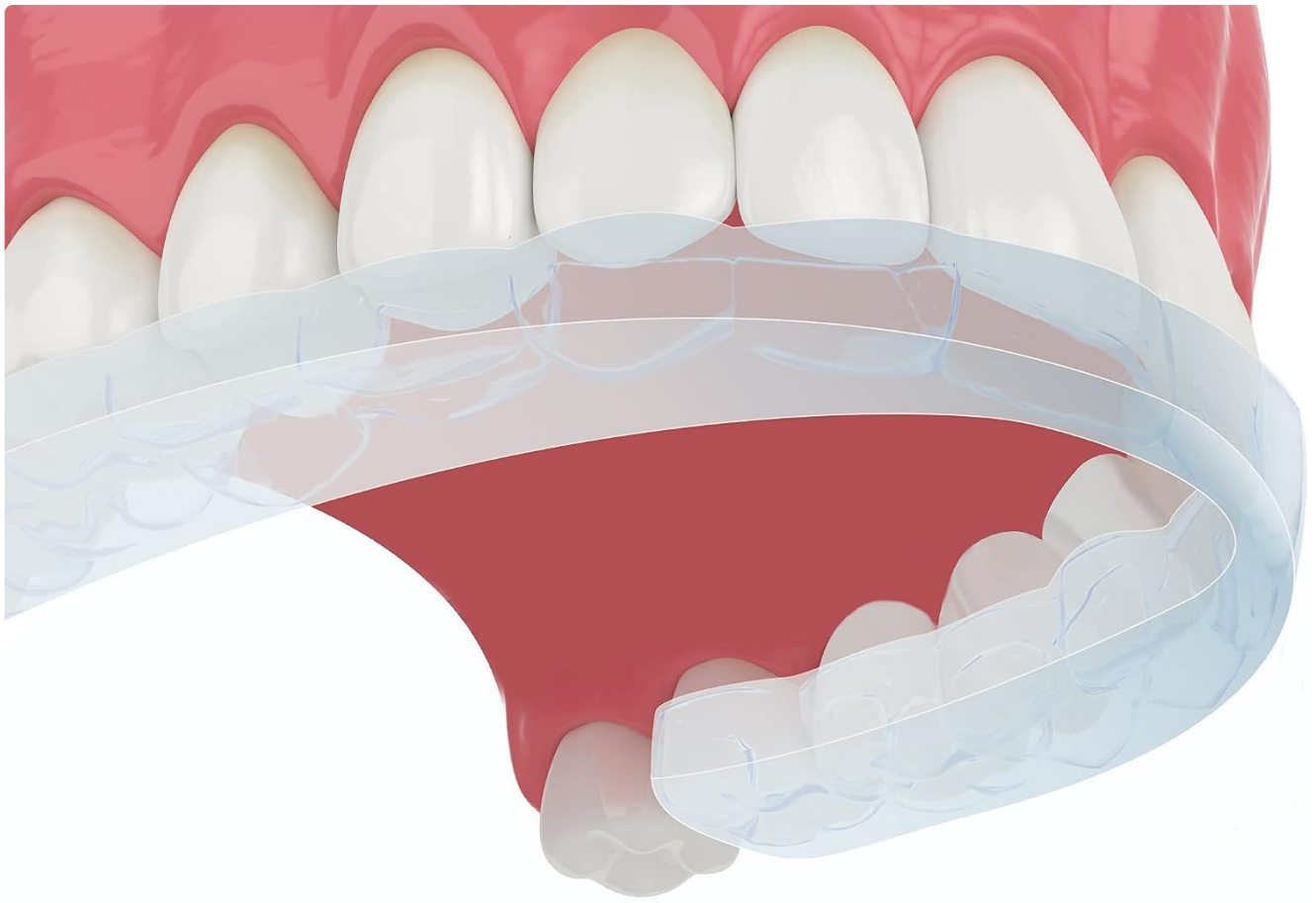
Important: If the guard does not fit correctly or feels uncomfortable, you can reheat it in the microwave (for slightly less time than the initial heating) and repeat the molding process. The guard is designed to be remolded.

4. USAGE AND OPERATION

Once custom-fitted, the Oral-B Nighttime Dental Guard is ready for use.

Wearing the Guard:

- Insert the guard into your mouth before sleeping.
- The guard works by creating a barrier that prevents direct contact between your upper and lower teeth, even if it does not extend to cover your molars. This separation helps to reduce the impact of grinding and clenching.
- It may take a few nights for your mouth to adjust to wearing the guard. Initial symptoms like increased saliva or minor discomfort are common and usually subside.



The Oral-B Nighttime Dental Guard works to prevent contact between upper and lower teeth, even if the guard does not extend to the rear teeth (molars).

Image 4.1: Illustration demonstrating how the dental guard prevents upper and lower teeth from making contact.

Duration of Use:

The Oral-B Nighttime Dental Guard is designed to be wearable for up to 6 months. Replace the guard if it shows signs of wear, damage, or if it no longer fits securely.

5. MAINTENANCE AND CARE

Proper care of your dental guard will ensure its longevity and hygiene.

Cleaning Instructions:

- After each use, rinse the guard thoroughly with cold water.
- **Do not use hot water**, as it can deform the guard.
- **Do not use toothpaste** to clean the guard, as some types may damage the material.
- Gently dry the guard with a paper towel or a clean cloth.

Storage:

- Store the clean and dry guard in the provided storage case.
- Keep the case in a cool, dry place away from direct sunlight or heat.



Image 5.1: The dental guard and its protective storage case.

6. TROUBLESHOOTING

If you encounter issues with your Oral-B Nighttime Dental Guard, refer to the following common solutions.

Common Issues and Solutions:

- **Guard Does Not Fit Properly:**
 - If too loose or too tight, reheat the guard in the microwave for a slightly shorter duration than the initial fitting. Repeat the molding process (Section 3).
 - Ensure you bite down firmly and hold the position during molding.
- **Difficulty Removing Guard from Tray:**
 - Soak the tray with the guard in ice water for an extended period (e.g., 5-10 minutes) to ensure it is fully hardened.
 - Gently pry the guard from the tray using a non-sharp object, such as a plastic floss pick, being careful not to damage the guard.
- **Increased Saliva or Discomfort:**

- This is common during the initial adjustment period. Continue wearing the guard; these symptoms typically subside within a few nights.
 - If discomfort persists or worsens, re-evaluate the fit or consult a dentist.
- **Guard Falls Out During Sleep:**
 - This indicates an improper fit. Reheat and remold the guard, ensuring a snug impression.
 - Ensure the guard is fully hardened after molding by cooling it sufficiently.

7. PRODUCT SPECIFICATIONS

Brand	Oral-B
Model Number	I00028074
Material	Plastic (BPA-free, Latex-free)
Product Dimensions	7 x 5 x 1 inches; 1.6 ounces
Manufacturer	OraLabs Inc.
First Available Date	December 23, 2010

8. SUPPORT AND RETURNS

For further assistance or information regarding returns, please refer to the product packaging or the retailer's website where the product was purchased.

The product aims for complete satisfaction. For easy setup guidance and return procedures, please refer to any QR codes or contact information provided with your purchase.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

Answered questions about this manual

When molding the Oral-B Nighttime Dental Guard, Model I00028074, should I wear my partial when making the impression?

The Oral-B Nighttime Dental Guard, Model I00028074, instruction manual explicitly states: "Do Not Use If: You wear dentures, braces, or other dental devices." Therefore, you should not wear your partial when molding the guard...

[Read full answer](#)