

## Contact us

### CHRISTCHURCH

**Merivale**  
236 Springfield Rd  
03 375 4444

**Fendalton**  
291 Clyde Rd  
03 375 4449

**Halswell**  
284 Halswell Rd  
03 322 9577

**Hoon Hay**  
10 Lincoln Rd  
03 338 8210

**QEII**  
Cnr Bower &  
Rookwood Ave  
03 388 0881

**Linwood**  
211 Linwood Ave  
03 375 4448

**Beckenham**  
269 Colombo St  
03 375 4443

### SOUTH ISLAND

**Rangiora**  
210 High St  
03 313 3001

**Kaiapoi**  
42 Charles St  
03 375 4442

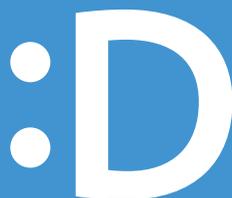
**Ashburton**  
80 Park St  
03 307 6111

**Timaru**  
50 Church St  
03 684 3451

**Greymouth**  
Albert Street Mall  
03 768 6243

**Invercargill**  
65 Arena Ave  
03 214 6995

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Thank you for choosing Duchenne to provide your splint/night guard.

Because we only use premium materials you can rest assured your new product will wear well for many years to come.

- If you have a lot of amalgam fillings, they may stain the appliance and dark areas may appear on the splint. This discolouration will not decrease the effectiveness of your splint.
- Keep it away from your pets. Dogs especially like oral appliances.

**If you have any questions please call us as soon possible on 0800 866 8448**

## **To get the very best from your splint/night guard, we recommend the following steps for keeping it in the best possible condition.**

### **Daily Care**

- In the morning after use, remove your splint, rinse and gently dry it before putting it away in the case provided. Do not leave in water. Keep the splint dry.
- After you have removed the splint it is important to brush your own teeth and floss. This will remove any bacteria or plaque accumulation that may occur while wearing the splint.
- Avoid using toothpaste on your splint as this can cause micro-abrasions on the material surface, which may give bacteria a surface to adhere to. We recommend using soap, sunlight liquid is suitable, to clean your splint.
- Once a day we recommend that you soak your splint in a cleaning solution. We recommend the denture product FittyDent\*. This will help to destroy any bacteria, keep the splint fresh and aid in your oral hygiene.
- Follow up with brushing any excess solution off with a soft toothbrush, rinsing with water before putting back into your mouth.

### **Recommendations**

- If you have any soreness caused by your Michigan night guard or splint, book in to see one of our Clinicians as soon as possible.
- Please DO NOT self-adjust your splint as this will void any warranty or guarantee with Duchenne.
- Store your splint in a cool place. Do not expose your splint to temperature extremes. While travelling, do not leave in a hot car.



[www.duchenne.co.nz](http://www.duchenne.co.nz)

\*Products are available to purchase from Duchenne.