

1. Evaluate MC on the stone model prior to patient arrival for accuracy
2. Remove guard from model, rinse with water and place on teeth
 - a. Evaluate fit using mouth mirror
 - b. Look for ill-fitting and poorly adapted guard material
3. Ask patient to swallow 3 times. Then close and ask “how does that feel?”
 - a. Discuss tissue coverage for Hydroseal
4. Instruct and show patient in a mirror how to remove the guard
5. Patient needs to be able to repeatedly place and displace the guard
6. Show patient how to Clean MC: rub foaming antibacterial hand soap, set for few minutes, rinse, pat dry, and store open if possible
7. Finally and Most Importantly Discuss:
 - a. Training aspects of daytime wear as opposed to ‘punching bag’. Teach the patient that when they contact an element, they should learn to relax their jaw. Contacting is giving Biofeedback, awareness to help control the clenching and grinding habit.
 - b. Instruct patient to discontinue wear if appliance easily dislodges, or if any discomfort arises, and to call for a visit.
 - c. Instruct patient that when new MiniComforts are needed, just call and the laboratory will fabricate two more. No impressions are needed if the patient has not had any dental work since the last MC’s were made.