

# INSTRUCTION FOR USE

# AesyBite™

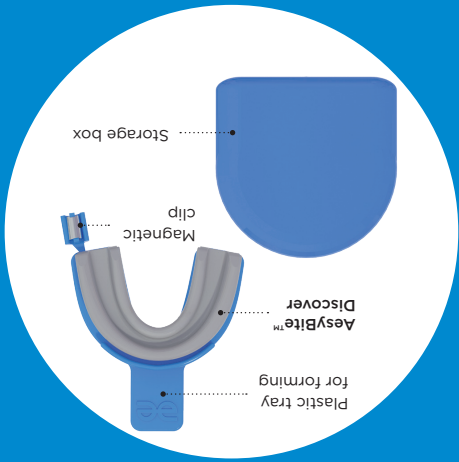
## Discover

Sleep bruxism monitor

For more information, visit:



[www.aesyra.com/aesybite/discover](http://www.aesyra.com/aesybite/discover)



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Read the instructions carefully before using the product.  
AesyBite™ Discover is a device for personal use.

### INDICATIONS

- Protects the teeth against erosion due to bruxism, grinding and clenching of the teeth;
- Reduces bruxism-related symptoms such as discomfort in the temporomandibular joint, aching mastication muscles and pain in the neck and head regions;
- Monitors bruxism activity;
- May not be manipulated, bent or altered;
- May not be pierced or cut with any sharp objects..

### CONTRAINDICATIONS

- Not to be used in the presence of subjects:**
- Allergic to the material of the dental splint (EVA Ethylene-Vinyl Acetate – Copolymer);
  - With fewer than 8 teeth on the upper arch;
  - With gum disease, periodontal disorders or dental pathologies;
  - With malocclusions and jaw abnormalities that prevent the wearing of a normal dental splint;
  - Under 18 years of age.

### WARNINGS

- Excessive heat can damage the product. Follow the fitting and cleaning instruction to avoid damages.
- Do not use your AesyBite™ Discover appliance if it looks damaged.
- The product has a duration of 25 days starting from the moment the magnetic clip was removed from Thermo-forming tray.
- In case of orthodontic appliances or removable dentures ask for a dentist's advice before using AesyBite™ Discover.

A Medical Device by:

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### Support

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Scan the QR code with smartphone to download AesyBite™ Discover App.



### OBTAIN AND SET APP

1. Download AesyBite™ Discover App from the App Store (iOS) or Google Play (Android).
2. Enter your personal data in the App.
3. The App is now ready for use. Further information on the use of the AesyBite™ Discover App can be found in the Guide tab.



### FAQS AND FURTHER INFORMATION

Do not use AesyBite™ Discover further and consult the dentist in the following cases:  
Inflammation or irritation of the oral cavity; Persistent pain; Areas reddened at parts of the mouth in contact with the dental splint;  
**Other possible side effects are:**  
Excessive salivation or dry mouth. Habituation usually takes a few nights. After the first few nights you may have the sensation in the morning without AesyBite™ Discover that your teeth don't "fit" together. This feeling usually disappears after a few days of using. If this sensation remains, do not use AesyBite™ Discover further and consult a dentist.

### POSSIBLE SIDE EFFECTS

Visit our website for additional information about the product: [www.aesyra.com](http://www.aesyra.com). If you have questions, do not hesitate to contact us by e-mail: [support@aesyra.com](mailto:support@aesyra.com) or by phone: +41225481669 (Italy: +39 0282396887)

### DISPOSAL

Dispose of your AesyBite™ Discover appliance at a collection point of electrical and electronic devices for appropriate recycling. Do not dispose of it with normal domestic waste. An incorrect disposal of the device can make the user punishable according to the laws in force.

## CUSTOM FITTING (part for the dentist)

1. Recover AesyBite™ Discover appliance from the sealed package **[Fig. 1]**;
2. Break away the magnet from the thermoforming tray **[Fig. 2]**; Make sure the appliance is stable on the thermoforming tray
3. Heat 600 ml of water to 70 degrees. For this operation you can use a thermometer or boil 400 ml of water and then add 200 ml of water at room temperature;
4. Remove the water from the flame or heating plate and plunge AesyBite™ Discover into the water by using the Thermoforming Tray. Wait for 2 minutes **[Fig. 3]**;
5. Remove AesyBite™ Discover from the water, shake it to remove droplets and immediately fit it on upper dental arch.
6. Insert the appliance in mouth, biting down gently. With the lips sealed, breathe in and suck for at least one minute, in order to eliminate the air form inside your mouth **[Fig. 4]**. The appliance will be warm but will not burn;
7. Check that the appliance fits firmly on dental arch. Repeat the procedure for a second time if the appliance is not stable on the dental arch.

## PREPARATION FOR NIGHTLY USE (part for the users)

1. Ensure that NFC (Near Field Communication) is enabled on your mobile phone. Open the AesyBite™ Discover App and tap with the finger in the synchronization tab;
2. Recover AesyBite™ Discover from the Storage box;
3. Bring the AesyBite™ Discover appliance close (about 1 cm) to the back of your mobile **[Figure 5]**;
4. The App will notify you that the synchronization is complete. Now the appliance is ready for use and monitoring of bruxism activity;
5. Rinse the appliance with cold water;
6. Wear the AesyBite™ Discover and go to sleep.

## OBTAIN DATA AFTER USE

1. Rinse the appliance with cold water after use;
2. Ensure NFC is enabled on your mobile phone;
3. Open the AesyBite™ Discover App and tap in the synchronization tab;
4. Bring the AesyBite™ Discover appliance close (about 1 cm) to the back on your mobile **[Figure 5]**;
5. The App will notify you that the synchronization is complete. Data will appear on screen;
6. Put AesyBite™ Discover into the Storage box.

## MAINTENANCE

- Keep the AesyBite™ Discover appliance clean by rinsing it with cold water before and after use;
- When not in use, store the appliance in its storage box.

