



Please follow these instructions, as well as instructions provided by our office for optimal results in use and longevity of your Night Guard.

Wear:

- Please wear your Night Guard when sleeping. Remove when eating or drinking anything other than water. The night guard is designed to serve as an appliance that will keep your teeth from grinding and clenching when sleeping. Please ensure that you have brushed and flossed before inserting the tray. Failure to do so can result in an excess of cavities.

Care:

- Brush and floss your teeth before insertion every night.
- Upon removal, the night guard may be cleaned with COLD water and a gentle hand soap (to prevent the plastic from warping). **Toothpaste can cause a dull clouding of the night-guard over time.** (We recommend a soft soap instead of toothpaste.)
- With your **soft toothbrush** clean the inside of your night guard. Using care not to brush abrasively.
- Your appliance may be soaked in an over the counter denture cleaner for 2-3 times a week for a maximum of 20 mins.
- Your night guard should be stored in a dry case
- **NEVER** soak your appliance in mouthwash, or alcohol based rinses
- **NEVER** soak your appliance in bleach or harsh chemicals
- **NEVER** boil your appliance, it can distort.
- Keep appliance away from animals. They will chew appliance.

Replacement:

- If your appliance becomes lost or damaged. Please notify our office and schedule an appointment to replace your night guard immediately (in the event we need new impressions they will be taken at your visit). There is a charge for replacements. The price will be determined by our lab.