

NIGHT GUARD CLEANING INSTRUCTIONS

COMPLIANCE IS CRITICAL! YOU CAN'T PREVENT THE DAMAGING EFFECTS OF GRINDING OR CLENCHING IF YOU DON'T WEAR YOUR NIGHT GUARD.



- YOUR NIGHT GUARD SHOULD BE WORN ALL NIGHT. IF YOU FIND IT DIFFICULT TO ADJUST TO THIS, YOU CAN START BY WEARING IT A FEW HOURS EACH DAY AND THEN GRADUALLY WORK UP TO WEARING IT FOR A FULL NIGHT EVERY NIGHT.
- DON'T "BITE" YOUR NIGHT GUARD INTO PLACE; INSTEAD, PLACE IT IN YOUR MOUTH USING YOUR FINGERS.
- RINSE YOUR NIGHT GUARD WELL WITH WATER BEFORE PLACING AND AFTER REMOVING. STORE IT DRY—IN ITS CASE—IN A SAFE PLACE. **WE PREFER STORING GUARD IN THE OPEN CASE IN A MEDICINE CABINET IF POSSIBLE.**
- PLEASE DO NOT WRAP IT IN A NAPKIN OR PAPER TOWEL—YOU COULD ACCIDENTALLY THROW IT AWAY.
- DO NOT USE TOOTHPASTE. INSTEAD USE A MILD ANTIBACTERIAL SOAP AND GENTLY SCRUB WITH FINGERTIPS OR WITH AN EXTRA SOFT BRISTLED TOOTHBRUSH.
- NEVER SOAK YOUR NIGHT GUARD IN ANY LIQUID (MOUTHWASH, DENTURE CLEANSER, HOT WATER). REMEMBER THE NIGHT GUARD IS PLASTIC AND CAN DISTORT WITH HEAT OR CAUSTIC MATERIALS!
- IMPORTANT: **DOGS LOVE NIGHT GUARDS!** TO YOUR DOG, IT'S A GREAT CHEW TOY, SO ALWAYS KEEP YOUR NIGHT GUARD OUT OF REACH OF YOUR DOG.
- BRING YOUR NIGHT GUARD WITH YOU TO YOUR DENTAL APPOINTMENTS,

CALL/TEXT/EMAIL OUR OFFICE AS NEEDED FOR MORE INFORMATION

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