



Night Guard Home Care Instructions

Prior to placing the appliance in your mouth:

- Brush and floss your teeth.

To insert Appliance

- Use your forefinger and thumb of both hands to guide appliance into place over your teeth.
- Gently bite down to insure appliance is fully seated.

When to wear Appliance

- A nightguard is to be used nightly or at anytime you desire to prevent trauma and wear from the grinding and or clenching of your teeth.

Removal of Appliance

- Use your forefinger and thumb of both hands to grasp appliance and gently pull out.

Cleaning

- Use mild toothpaste and a soft denture brush under cold tap water.
- DO NOT scrub hard with a regular toothbrush.

Storage

- Shake moisture from appliance.
- Place in a sealable plastic container or storage box provided

Mineral Deposits

- Mineral deposits may accumulate causing discoloration. If this occurs – soak appliance for approximately 15 minutes in a denture cleaner.
- After soaking, rinse with cold running water and store.

Note: Air drying helps to dissipate the opaque appearance caused by excess moisture.