



## **Night Guard Use and Care Instructions**

Every effort has been made to provide you with the most comfortable, therapeutic dental appliance to meet your specific treatment objectives. Proper care and maintenance by you at home will help insure that the appliance will continue to function properly and minimize any deterioration of its excellent qualities.

1. Brush and floss your teeth as well as your tongue. Rinse your mouth thoroughly before placing appliance.
2. After removal of the appliance in the morning, brush it with a tooth brush and soap, a mild detergent like hand soap, or dish soap. When the appliance is in regular use, allow it to air dry after cleaning until the next use. If the appliance will not be worn for periods of time exceeding one week, it should be stored in a humidior. A sealable Tupperware type container with a wet paper towel is suit able.
3. It is very important to soften the appliance under warm tap water prior to placement. Harden the appliance under cold tap water prior to cleaning using a soft brush if necessary to remove debris. Avoid toothpaste and other abrasives.
4. If mineral deposits or discoloration appear, or you have difficulty keeping the appliance clean, you can soak it in white vinegar.
5. In normal use the appearance of the retentive portion may vary from crystal clear to mildly opaque.
6. Removal of the appliance is best accomplished by using equal pull on both sides of your mouth. This will minimize the chance of damage to the resilient portion of the appliance. .
7. If you notice any changes in your symptoms, appearances of your mouth or gums, or changes in the appliance itself, contact your dentist.