



NIGHT GUARD HOME CARE INSTRUCTIONS

- The night guard has been adjusted today to fit and be comfortable on both your teeth as well as the bite. There is a good chance that another adjustment will be needed after this initial delivery of the appliance.
- Please store the nightguard in the case provided. It can be easily misplaced as well, small pets have had the tendency to take the guards and not return them!
- To clean the nightguard please DO NOT use tooth paste, as it is abrasive, and can distort the night guard and the fit. Polident Fresh cleanse which is available in drug stores or grocery stores, is a great product that is non abrasive and will give the appliance a fresh feeling. You could use soap and water as a substitute.
- Please remember to bring your appliance to all of your dental appointments, that way we are able to place it in our ultrasonic cleaner as well as make any adjustments that may be required.