



Instructions for the Care of your Nightguard

Every effort has been made to provide you with the most comfortable and well-fitting nightguard. Proper care and maintenance at home will help ensure that the nightguard will continue to function properly and minimize its deterioration.

IMPORTANT:

1. Soften in hot tap water for 30 seconds - one minute prior to placement.
2. Keep the nightguard in its case when not in use.
3. Daily cleaning of the nightguard is maintained when brushing your teeth. Simply hold the appliance in the palm of your hand and gently brush the surface. Do NOT use toothpaste as it is too abrasive and will mar the finish.
4. Under normal use the appearance of the nightguard may vary from crystal clear to mildly opaque.
5. Removal of the appliance is best accomplished by using equal pressure on both sides of the mouth. This will minimize the chance of damage.
6. Should mineral deposits appear on the nightguard, soak it in a solution of water and a Polident tablet or similar denture-cleansing product to remove the buildup. Then follow step 3. Do NOT soak in alcohol cleaners or mouthwash.
7. Please bring the nightguard with you at each checkup visit so that we can examine and adjust the fit as necessary.
8. If you notice any changes in your symptoms, appearance of your mouth or gums, or changes in the nightguard itself, contact us.