

# NIGHT GUARD INSTRUCTIONS

## Prior to placement in the mouth:

- Brush and floss your teeth
- **Always soften the appliance under warm tap water** to aid in the placement of the appliance over your teeth. This will maximize comfort during insertion and minimize the risk of the damage to resilient portion of the appliance.

## To insert the appliance:

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

## Removal of the appliance:

- Use the forefinger and thumb of both hands to grasp the appliance.
- Use equal pull on both sides of the appliance from your teeth.

## Cleaning of the appliance:

- Use liquid hand soap or other mild toothpaste abrasive recommended by your dentist.
- The use of "over the counter" denture cleaners with a maximum 15 minute soap will help manage any accumulation of minerals and stains.
- Brush the appliance under cold tap water with a soft brush.

## Storage of your appliance:

- Allow the appliance to air dry. Air drying helps dissipate the opaque appearance caused by excessive moisture.
- Place the appliance in the container provided by our office, or use a scalable container such as a tupperware container.
- Storing your appliance in a moist dark container could cause growing of harmful bacteria and cause discoloration of the appliance.
- Store safely from pets.

## Contact your dental office:

- If changes in your symptoms occur.
- If changes in the appearance of your mouth, gums, or appliance.