



You have been given a new appliance called a night guard to help prevent tooth wear and jaw pain. In order to maintain a proper fit, these instructions should be followed. This night guard, made of acrylic, has been designed specifically for your teeth and it should fit comfortably. Proper care will also ensure good health and longevity for your bite guard.

- ❖ **Never let the guard dry out. When at home, always store the night guard in water. Use wet paper towel and a storage case when traveling and never leave it in a hot car. The water the guard is stored in should be refreshed daily. We recommend the storage container be dishwasher safe or disposable and cleaned or switched on a regular basis to prevent bacterial build-up.**
- ❖ **To clean your guard, use a designated soft tooth brush to scrub it regularly. Use toothpaste as a cleaning agent. Avoid storing the appliance in mouthwash, because it will discolor. You can bring your guard to your cleaning appointments; we will remove any hard build-ups with our ultrasonic cleaner.**

If you have any questions about your new night guard or if it doesn't fit comfortably, please call us.