

# NIGHT GUARD

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## INSTRUCTIONS

It is essential that you wear your night guard every night. You may also wear it during the day if you find yourself clenching or grinding your teeth. This appliance can help relax and reduce pain in your jaw muscles as well as protect your teeth.

Bring your night guard with you to your dental appointments, especially if you're having restorative work (filling, crown, etc.). We can also examine it at your regular cleaning appointments for wear and correct fit.

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## WHAT TO EXPECT

When you begin wearing your night guard your teeth may be tender at first. The tenderness can last up to 1-3 days but should get better with time. If tenderness continues, call our office for an adjustment.

You may notice an increase in salivation due to the extra material in your mouth. It does get better!

Your night guard should be worn all night. If you find it difficult to adjust to this, you can start by wearing it a few hours each day and then gradually work up to wearing it for a full night every night.

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## PROPER NIGHT GUARD USE AND CARE

Before using your night guard, brush and floss.

Don't bite your night guard into place. Instead, place it in your mouth using your fingers.

Rinse your night guard thoroughly with water and brush it with a soft toothbrush after use. You can clean your night guard with antibacterial soap and cold tap water. We recommend not cleaning with toothpaste. Toothpaste is too abrasive and can damage the material, causing your night guard to wear out more quickly than it should.

Always store your night guard when it is dry and in its case. When you're not wearing your night guard, it's important to keep it stored in its case to keep from losing it.

**IMPORTANT:** Keep away from pets, animals love to chew on the night guard material. Any damage caused by an animal is not covered under warranty.

Do NOT soak the night guard in mouthwash, denture cleaner or alcohol.

Do NOT place the night guard in hot or boiling water or expose to excessive heat (such as direct sunlight). This may distort the appliance.

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## WARRANTY

We warranty night guards for 5 years from the date of initial delivery, if they need repair due to normal use. Damage or breakage due to accidents (such as being eaten by your pet) are not covered.

