

CARE INSTRUCTIONS

night guard(s)

Night guards are crucial to help protect your teeth, jaw joints, and muscles from clenching and grinding forces. With any new appliance, it can take time to get used to.

To extend the life of the night guard, please follow these instructions.

1. Before placing the appliance in your mouth, please ensure your teeth are brushed and flossed.
2. If you have a Thermoflex night guard, run it under hot tap water for approximately 1 minute or until flexible. Avoid using boiling water, as this will distort your appliance irreversibly.
3. To remove the appliance, grasp both edges and pull away from the teeth.
4. Rinse the appliance after removal and clean using a soft toothbrush and *Polident Fresh Cleanse Foaming Cleanser®* if needed.
5. Do not use an effervescent (fizzing) cleaner, which may damage the appliance.
6. To remove deposits, stains or a bad taste, *Novadent Denture and Dental Appliance Cleaner®* (available for purchase at our office) can be used to soak the appliance during the day.
7. If not using a cleaner, the night guard should stay moist or in water until worn again.
8. If you do not wear the appliance for an extended period of time it may affect the fit and adjustments may be required, or a new appliance may need to be made.
9. Bring your night guard to your dental appointments. This allows us to check the fit and integrity of your night guard and make any necessary adjustments.