

Nightguard

Homecare Instructions

- It may take a week or two to get accustomed to wearing your nightguard. Please try to wear it every night.
- Clean your nightguard when you take it out every morning with warm water and a brush. **DO NOT** use toothpaste, mouthwash, or bleach.
- You may also use liquid hand soap or dish soap to help clean your nightguard.
- We have provided you with a sonic cleaner in case your nightguard starts to collect mineral deposits. You may wish to use this every 1-2 weeks.
- If you have pets, please keep your nightguard in its case and away from them. Pets will often chew up or hide nightguards.
- Bring your nightguard with you to your cleaning appointments, so we may clean it and check the fit for you.

Please call us:

- If you experience teeth or jaw joint pain.
- If, over time, your guard starts to feel uneven.
- If you have any questions or concerns.

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