



ACRYLIC NIGHT GUARD HOME CARE INSTRUCTIONS

This appliance has been designed and fabricated specifically for you from custom impressions of your teeth. The following information will help you maintain it trouble free and keep it comfortable to wear as a measure to reduce undesirable forces upon your dentition and jaw joints.

- Brush and floss your teeth, brush your tongue, and rinse your mouth prior to use;
- Removal of appliance is best accomplished by using equal pull on both sides of it. This will minimize the risk of damage/breakage to the resilient part of the appliance;
- Clean the appliance after use under cold water with a tooth brush, a drop of liquid soap and a thorough rinse;
- Allow the appliance to dry in its container when not in use;
- Regular use of over the counter denture cleaners with a maximum 20 minute soak will help manage the accumulation of minerals or stain;
- In normal use, the appliance may vary from crystal clear to mildly opaque or yellowish;
- Store safely away from pets;
- If you notice any negative changes in your symptoms, the appearance of your mouth and gums, or soreness develops, please contact our office and come in for a possible appliance adjustment.
- Try and use the appliance as much as possible as directed.