

## **Night Guard Instructions**

Before wearing appliance, soak or run under warm water (about 30 seconds) until appliance becomes easier to work with (Night Guard will not be flexible but acrylic around the teeth will be soft). Place immediately in mouth.

After removing appliance in the morning, brush and floss your teeth and brush your appliance with a toothbrush. This is recommended after every time you wear your appliance so tartar buildup on the Night Guard does not occur. (If buildup does occur, it is important to bring your appliance to your next hygiene visit). Store your appliance in the container provided.

If you have any pain or discomfort after wearing your Night Guard, stop wearing your appliance and call our office. You may need to bring your appliance in for adjustments. Do not wear the appliance again until we have a chance to evaluate your situation.

Make sure you wear your Night Guard every night to avoid further wear, fractures on the teeth, and/or damage to your TMJ (jaw joint).

Signature \_\_\_\_\_ Date \_\_\_\_\_