

Care and Instructions for Night Guard

Using your Night Guard

Place your night guard securely onto your teeth applying pressure equally on both sides. Remove your night guard by gently prying it away from your teeth starting from the back with your fingers. Try to apply equal pressure to both the right and left sides.

Care of Night Guard

Rinse off with warm water and brush with either dish soap or denture cleaner. Allow to air dry.

Store your night guard appliance in a container or case when not wearing.

DO NOT brush your night guard with toothpaste. Toothpaste has abrasives in it which can scratch your night guard and cause it to pick up stain.

DO NOT: Expose it to extreme heat that may distort shape. Do not boil in water, nor leave in hot, sun-exposed area.

Points to Remember

Your night guard is an appliance custom fitted to your teeth only.

You must wear your night guard often in order to keep your teeth aligned in a stable position. Failure to wearing your night guard may result in excessive wear and/or fracture of your teeth that may require extensive dental work to repair. In addition, if not worn consistently, drifting of your teeth may occur to a degree that your night guard will no longer fit properly.

We encourage you to bring your appliance to all your hygiene visits to the office for inspection and maintenance.

If you have any questions or concerns, do not hesitate to contact one of our team members for assistance at any one of our three offices in the GTA:

**Richmond Hill Dentistry - (905)787-8764
Malvern Dental (Scarborough) at (416) 297-5513
Nottingham Dental (Ajax) at (905)427-2027.**

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