

# Your Nightguard Guidelines for Use and Care



Your Nightguard requires minimal yet essential care.

- Before using the Nightguard, be sure to floss, brush and thoroughly rinse your teeth.
- Your Nightguard consists of thermal plastic, which requires heating under **HOT** running tap water to soften it. The appliance needs softening to allow it to flex around the contours of your teeth. Please **DO NOT** attempt to force the Nightguard onto your teeth without having softened it first. **DO NOT** microwave or boil your appliance.
- To prevent breakage, use even pressure on both sides of the Nightguard when you remove it from your mouth.
- After removing the Nightguard, it's an excellent idea to clean it under running **COLD** tap water. Use a **SOFT** toothbrush and a non-abrasive toothpaste. Avoid using toothpaste indicated for whitening as the majority of them contain abrasive material that will damage your appliance. After cleaning, rinse the Nightguard thoroughly and allow it to air dry and store it in the container provided without soaking.
- Depending on moisture content, your appliance may vary from completely clear to slightly cloudy in appearance. This variation in clarity is entirely reasonable for the materials used.

## An Important Note:

- Store your appliance out of reach of your family pets...they find these appliances very difficult to resist chewing once it has been used by their owner.
- If you have any additional questions or concerns be sure to bring them to the attention of your dental care providers.