



## NIGHT GUARD INSTRUCTIONS

Your night guard is custom made for your teeth. It will only fit in your mouth one way and should snap into place.

Make sure you are in an upright position when putting the night guard in and taking it out.

For daily maintenance, rinse the night guard in cold water and brush it with your toothbrush (no toothpaste is needed).

Do not place your night guard in boiling hot water, the dishwasher, or a microwave.

Do not soak your night guard in mouthwash or any other liquid containing alcohol, as it will cause the material to breakdown.

If you would like to disinfect your night guard, you may soak it in a full cup of water with a capful of bleach for five minutes, then be sure to rinse it with cold water.

Be especially careful around sinks and toilets.

Store your night guard in the container provided.

Keep your night guard away from pets and small children.

Your jaw will relax overnight and your bite may feel as though it's shifted. Upon waking for the day, it may take approximately 5-10 minutes for your bite to feel normal.

For maximum benefit, wear your night guard every night.

If you have any questions or concerns, please feel free to call the office at 508-832-3205.