



antigoDENTALclinic

*"Your smile is important to us"*

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### **NIGHT GUARD CARE INSTRUCTIONS**

Wear your appliance nightly and when you feel that you are clenching your teeth

*Insert your night guard:*

Insert your guard as evenly as possible to assure a proper fit.

*Remove your night guard:*

If easier removal is needed, rinse your mouth with warm water for 10 seconds.  
Carefully remove your guard as evenly as possible.

*Clean your night guard:*

Lightly brush your night guard with a soft toothbrush and mild toothpaste. An over the counter denture cleaner may also be used. If there is any staining, you may soak your guard in white vinegar for 30 minutes. Rinse and then brush with a soft brush.

When you are finished cleaning your night guard, rinse well and shake dry. Store it in the case provided. Leaving the guard damp keeps it from drying out and getting brittle.

Do not leave your guard out and unprotected. Pets are fond of chewing them and they may break if dropped.

Bring your guard to **ALL** dental visits. Our registered dental hygienists will professionally clean it and the Doctor will adjust it free of charge when work is being done. If your guard is more than 6 months old and an adjustment is made at a stand-alone visit, there will be an adjustment charge.

***CONGRATULATIONS ON CHOOSING TO PROTECT YOUR BEAUTIFUL SMILE!***