



Night Guard Instructions

Insertion Instructions:

Your thermoplastic bruxism appliance will protect your natural teeth from wear during sleep or when you grind your teeth when you feel stresses out.

Prior to placing the appliance in your mouth run it under hot water for a few minutes to prevent it cracking or breaking. Remember a cold appliance will break if bent or forced into the mouth.

Cleaning and Maintenance:

It is important that you keep your appliance clean to maintain its longevity. On removal rinse with water and brush with a toothbrush and mild soap. You can also soak the appliance in a denture cleaner available commercially, but not more than 30 min once a week. Store your appliance **DRY** in the case provided and keep it away from pets (Dog's smell food on it and will chew it)

Important

Contact the dental office if you feel any discomfort and bring the appliance for the appointment, remember a new appliance can sometimes appear cloudy and will become clear after 3-5 days.

Initially it will feel tight and may be uncomfortable to wear, in that case wear it a few hours only for some days, to allow the mouth to get used to it, it can even be worn when you feel really stressed out, irrespective of day or night.

The appliance is designed, and custom made for you, take care of it to last long.