

PATIENT INSTRUCTIONS FOR CARE OF NIGHT GUARD

1. Do not bite night guard into place, instead place night guard in your mouth using your fingers.
2. Do not soak night guard in mouthwash, denture cleanser, hot water or place in direct sunlight.
3. Rinse night guard well with water before and after use and store dry in the container provided.
4. Clean night guard with soap and warm water ONLY.
5. Your night guard should be worn all night. You may start by wearing it a few hours each day and gradually work up to wearing it a full night.
6. Dogs love these, be sure to keep out of reach. 😊

If you have any questions or concerns, please call our office.
(239)263-2122