

INSTRUCTIONS FOR NIGHT GUARD

- Run Night Guard under hot water for 10 seconds to soften the material.
- Make sure to place it in with your fingers. DO NOT bite it in to place. Use mirror to place Night Guard in.
- Remove from your mouth by using equal pressure in the back on both sides. If you have problems removing, hold warm water in your mouth for several minutes to soften appliance.
- It is normal for the Night Guard to turn opaque over time.
- Keep Night Guard dry and in its case when not in use (Dogs love to chew on them!).
- Avoid contact with oils, including: lip balm, facial moisturizer, or lotions. **#1 cause of appliance failure!**
- Do not pinch ends of arch together since this may cause distorting over time.
- Before cleaning, run it under cold tap water and brush with soft brush and toothpaste. Let air dry. Do not use alcohol based cleansers (i.e. Listerine, Scope, Polident or Efferdent).
- For occasional deeper cleaning, place the Night Guard in a 1:1 solution of white vinegar and water over night – 1x / week.
- Night Guards can crack overtime depending on the forces put on them.

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