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Night Guard Care Instructions

You will want to keep your night guard as clean as possible. Please brush and floss your teeth before placing the night guard in your mouth, as well as after removal. It is also a good idea to gently brush the inside of your nightguard before placement and after removal to clear any debris.

Before insertion, soften night guard in warm water until it regains its flexibility (approximately 3-5 minutes).

It is not necessary to store your night guard in water when not in use, please use the case provided and keep in a safe location so as to ensure pets do not get ahold of the appliance.

Clean the night guard daily with a soft toothbrush and non-abrasive toothpaste. The night guard may be soaked for no more than 5 minutes in a commercial cleaner if it becomes stained (10% bleach and water). Denture cleansing tablets are another option to loosen any deposits and debris that may accumulate; brush the nightguard after soaking.

We recommend that you bring your nightguard to hygiene appointments.