

NIGHTGUARD OR NIGHTTIME DENTAL APPLIANCE

Care Instructions

- Wear your new dental appliance diligently every night. It takes about 1-2 weeks to get used to it and establish a routine.
- Brush daily with unscented soap or soak in Hydrogen Peroxide.
- Bring your appliance with you to all future check-ups for evaluation or any necessary adjustments.

When to contact the office

- Your appliance does not fit.
- Your appliance is super uncomfortable, even after smoothing the edges yourself with a nail file.
- You are ready for a replacement due to lost, damaged, or worn.