

THE CENTER FOR  
Cosmetic & Restorative  
DENTISTRY  
*It's your time to smile.*

## Care and Instructions for Your Night Guard/Occlusal Splint

### Daily Care

- Brush your teeth in the morning & before bedtime-follow your homecare recommendations
- Place your appliance gently onto your teeth applying pressure equally on both sides
- In the morning, remove your appliance by gently prying away from your teeth with your fingers. Try to apply equal pressure to both the right and left sides
- Keep it clean: Brush gently with a low abrasive toothpaste (or liquid hand soap) and warm water. We recommend the "Smile Again" professional cleaner product that is available for purchase in our office.
- Store in a clean, dry container when not wearing-away from FIDO!

### Tips

- Exposure to extreme heat may distort shape
- Do not boil in water, soak in bleach, or run in the dishwasher
- Avoid soaking your appliance in mouthwash- it may discolor it

### Points to Remember

- Your night guard/splint is an appliance custom fit to your teeth
- You must wear your night guard/splint as directed
- Inspect your night guard regularly for signs excessive wear and tear
- Failure to wear your night guard may result in excessive wear and/or fracture of your teeth that may require additional dental treatment
- Failing to regularly wear your night guard may result in shifting/drift of your teeth to a degree that your night guard may no longer fit properly
- Please bring your night guard with you every dental appointment so that it may be inspected by us and professionally cleaned
- Please call our office right away if you have any questions or misplace your appliance

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