



Care and Instructions for Your Night Guard/Occlusal Splint

CONNECT

DENTAL CARE

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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 tap water.
 - Store in a clean, dry container when not wearing.



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 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.
- Please call our office right away if you have any questions or misplace your appliance.