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NIGHT GUARD

- We have fabricated for you, a soft-hard night guard. This night guard is known to be very comfortable while extremely effective in preventing further damage to your teeth.
- Before bed, place your guard in warm water for 1 minute then push it into place. When you first begin wearing your guard, don't be surprised if you can't wear it the entire night. Each successive night you will be able to keep it in longer.
- In the morning, brush your guard gently with a toothbrush and a fragrance free antibacterial soap, rinse thoroughly and store dry in a container.
- Once a week, allow your guard to soak for 30 minutes in water with an "Efferdent" or "Polident" tablet designed to clean dentures and partials.
- Please try to remember to bring your guard to every dental appointment. As you wear your guard, it will need to be adjusted to continue to deliver the results we will need to help prevent future bone and tissue loss.

Artistry In Periodontics