

**Night Guard Home Care**

Today you received your night guard. Please follow these home care instructions to prolong the life of your night guard:

- 1) Please wear your night guard every night.
- 2) Submerge your night guard in warm water for five minute prior to wearing it if necessary. This will make your night guard easier to put on.
- 3) To clean your night guard, use a soft toothbrush with anti-bacterial hand soap. Avoid using toothpaste as it can be abrasive and may wear down the night guard.
- 4) Bring your night guard for a check/adjustment to every dental visit.
- 5) After a few weeks, if your night guard does not seem to fit right, please call the office to schedule and adjustment (your bite can change over time).