

CARE FOR YOUR NIGHT GUARD

- Rinse with cool water before and after use, and store dry.
- Brush your night guard in the morning when you regularly brush your teeth. Do not use toothpaste. You can use mild soap detergent if needed.
- Do not soak the night guard in a mouthwash, denture cleanser, or hot water.
- Do not place your night guard in direct sunlight.
- If your night guard becomes loose, tight or causes any discomfort, contact the clinic or visit us for an examination.
- It is important to maintain your regular hygiene and oral exam appointments to maintain optimum oral health.
- If you undergo any treatment on your teeth after the night guard was fabricated/delivered, there is a good chance it will not fit back correctly. Many times, a small adjustment in the night guard is a possibility, but not guaranteed. If major work has been done, then a new impression for a new night guard will need to be made.

Regular check-ups will also ensure in optimizing the results of your night guard use. Don't forget to bring your night guard during your next visit!

Please give us a call if you have any questions or send us an email at: frontdesk@dentallavelle.com