



## **Nightguard Patient Care**

### **Prior to placing the appliance in your mouth:**

- Brush and floss your teeth as recommended by your Dentist.
- Soften appliance under warm tap water to aid in placement over your teeth.

### **To Insert Appliance:**

- Use your forefinger and thumb of both hands to guide appliance into place over your teeth.
- Gently bite down to insure appliance is fully seated.

### **Removal of Appliance**

- Use your forefinger and thumb of both hands to grasp appliance.
- Gently pull out appliance.

### **Cleaning**

- Use mild toothpaste and a soft denture brush under cold tap water.
- DO NOT scrub hard with regular toothbrush.

### **Storage**

- Shake moisture from appliance
- Place in a sealable plastic container

### **Mineral Deposits**

- Mineral deposits may accumulate causing discoloration. If this occurs – soak appliance for approximately 15 minutes in a denture cleaner.

We recommend TCS Concentrated Denture Cleaner.

- After soaking, rinse with cold running water and store appliance.

**NOTE:** Air drying helps to dissipate the opaque appearance caused by excess moisture.

### **Contact your dentist:**

- As directed by your dental professional
  - If changes in your symptoms occur
- If changes occur in the appearance of your teeth or gums.