

## **INSTRUCTIONS FOR THE USE OF YOUR NIGHT GUARD**

- It may take a little time for you to get used to your nightguard, but **we recommend that you wear it every night.**

- After each use, rinse your nightguard with cool water. You may use a toothbrush and liquid soap to clean it several times a week, but do not use toothpaste to clean it. It is too abrasive.

-When your nightguard is not in use, it should be stored dry in its case.

If you have any questions please feel free to call our office.

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