



HOME CARE INSTRUCTIONS FOR NIGHTGUARD

PATIENT INSTRUCTIONS FOR CARE OF NIGHT GUARD

- Do **not** bite night guard into place, instead place night guard in your mouth using your fingers.
- Do **not** soak night guard in mouthwash, denture cleanser, or hot water.
- Do **not** place night guard in direct sunlight.
- Rinse night guard well with water before and after use and store dry in the container provided.

Please call our office if you experience any pain or discomfort from your night guard at the number listed below.

301-485-KIND (5463)