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Smiling Made Easier
Implant Esthetic and Restorative Dentistry

Recommendations for your new guard/splint/orthotic.

- Clean your appliance daily before and after every use.
- Immediately after removal, use warm water (not to exceed 45°C/113°F) and hand/dish soap to remove remaining saliva and debris from the device.
- For periodic removal of debris and maintenance, you can use any mild over-the-counter cleaning agents designed for oral devices. Cleaning agents include Dawn dish soap, Polident, Effedent, 3% peroxide solution, 15% bleach solution, and mouthwash
- If needed, use a soft bristle brush to clean the inside of your appliance for debris removal.
- DO NOT SOAK for more than 1Hour
- DO NOT use abrasive cleaning agents (i.e. toothpaste)
- Rinse the appliance well prior to use.
- DO NOT HEAT the device in water hotter than 45°C/113° it will warp.
- DRY your device prior to storing to prevent bacterial growth
- DO NOT Force your nightguard to place by biting it. Doing this may chip or break the appliance requiring a new one to be made. See your dentist as soon as possible to have the fit of the nightguard checked.
- Wear your nightguard every night as prescribed by your dentist. Not wearing your nightguard may lead to your teeth chipping, breaking or your nightguard not fitting properly.
- Floss and brush your teeth each time before wearing your nightguard. Food trapped in and on your teeth may not let your nightguard seat properly and break or chip your appliance
- Bring your nightguard with you to dental appointments. Your dentist will learn from the wear on the device to understand you even better.

