

## NIGHTGUARD CARE

- Wear your guard as prescribed.
- The appliance will feel foreign and take an adjustment period to learn to wear it and keep it in place. Give yourself at least 2 weeks to adapt to wearing your guard.
- If your teeth or jaw become sore after wearing the guard for 2 weeks, please discontinue wear and contact the office for an adjustment.
- If we indicate that you have a self-adjusting appliance (brand name, Astron), then it can be slightly modified at home if the fit is too tight. Simply soak the appliance in hot tap water (150 degrees -NOT boiling) for 1 minute and reinsert several times into mouth.
- If your guard becomes loose and can be easily removed with tongue or cheeks discontinue wear and contact the office.
- In order for this guard to improve your condition, most people need to wear it every night. If you don't use it, it will not work.
- Clean your guard by brushing it after each use with a soft toothbrush and non-abrasive toothpaste (NOT whitening paste) OR you may wash your guard with antibacterial soap and rinse thoroughly.
  - You can pour a splash of Hydrogen Peroxide over the guard but make sure it is dry before placing it in a storage container. You may also soak the guard for 30 minutes in diluted white vinegar, if deposits are starting to form, then brush and rinse thoroughly.
  - The guard will darken naturally over time. This is the nature of the appliance and doesn't indicate that it is dirty.
  
- Store your guard in the container provided, do not soak it for over 30 minutes in any cleanser or water.
- KEEP YOUR GUARD OUT OF PET'S REACH.
- Bring your Nightguard to ALL future appointments.

Call our office with any questions at **569-0530** or visit our website's education page at **BoyleDentistry.com**.