



## CARING FOR YOUR NIGHT GUARD



Wear your night guard every night. It will help protect your teeth from wear and damage from nighttime grinding!

Use a toothbrush to clean your night guard after every use.



Store your night guard in a protective case and away from heat.

Bring your night guard to ALL of your dental appointments. At your appointment we will professionally clean your guard, check the fit and monitor the wear. During any treatment appointments, we will need to check the fit afterwards to ensure you are still able to wear it every night. If you're needing any adjustments after delivery, please contact our office to schedule a re-evaluation.

