

OCCLUSAL GUARD CARE INSTRUCTIONS

Once you get a night guard, it’s important that it’s cared for properly so that it can continue to safely protect your teeth. Your daily oral care routine should include cleaning your night guard. Follow these complete instructions:

1. Rinse with warm water after wearing. *AVOID HOT WATER*
2. Brush the night guard with a toothbrush *without* toothpaste
3. Dry the night guard before storing it in the case
	1. Be sure to clean the case as needed

Deep clean your night guard weekly with Retainer Brite:

1. Using a container, drop one tab into warm water*, avoid hot*
2. Place appliance into bubbling solution (make sure there is enough water to cover the appliance)
3. After 15 minutes\* remove the appliance and rinse thoroughly with running water

\* do NOT let appliance with metal to soak longer than 15 minutes

**Please remember to bring your appliance with you to your routine hygiene appointments for a thorough cleaning and check up**