



## POST-OP NIGHT GUARD

A custom night guard is worn daily, at night and like any personal care item, it requires regular cleaning to prevent damage to the appliance and growth of bacteria. Proper care and maintenance of your custom night guard will keep it in good shape for a long time, saving you time and money. The lifetime of most night guard is 3-5 years.

DO NOT! soak in mouthwash, denture cleaner, or hot water,

DO NOT! place in direct sunlight, keep it in a cool, dry location,

DO rinse well with warm water before & after use and store dry,

DO clean appliance with soap and warm water ONLY,

If it becomes loose, tight, or causes you any discomfort, please contact us at 416-901-7293,

Bring your night guard to your cleaning appointments for routine checks.