

Prior to placement in the mouth:

- Brush and floss your teeth.
- Soften the appliance under warm tap water to aid the placement of the appliance over your teeth. This will maximize comfort during insertion and minimize the risk of the damage to the appliance.

To insert the appliance:

- Use finger pressure to guide the appliance into place over your teeth.
- Gently close your teeth together to ensure the appliance is fully seated.

Removal of the appliance:

- Use the forefinger and thumb of both hands to grasp and pull equally on both sides to remove the appliance.

Cleaning of the appliance:

- Upon removal, brush the appliance under cool tap water with a toothbrush. No special soap or soak is required as long as it is thoroughly brushed each morning.
- The optional use of "over the counter" denture cleaners with a maximum 15 minute soak will help manage any accumulation of minerals and stains.

Storage of your appliance:

- Place the appliance in the container provided by our office to allow to air dry.
- Allowing the appliance to dry will discourage discolouration and growth of bacteria. Store safely from pets!

Tips:

- Place your nightguard in your mouth 20 minutes before bed to allow yourself some time to adjust.
- During your first few times wearing your nightguard, you may notice excess saliva as your body adjusts.
- In the morning when you first remove your nightguard, you may feel as though your teeth do not come together the way they normally do. This feeling will subside after 10-15 minutes.