

Homecare Instructions Hard Nightguard

Each morning after use, thoroughly clean your nightguard using a regular toothbrush, cool water and tooth paste. **DO NOT USE HOT WATER!** Dry the appliance completely before storing in the container. It may help to leave the container open to ensure that the nightguard dries thoroughly.

You may disinfect your nightguard every three days in a solution of vinegar and water (a half cup hydrogen peroxide and a half cup of water). The nightguard should be soaked in this solution for 10-15 minutes. Rinse with water before use. If an odor or bad taste develops, you may also soak the nightguard in mouthwash for five minutes. Always brush your teeth and floss well before inserting the nightguard in the mouth.

Again **STORE THE NIGHTGUARD DRY IN ITS CONTAINER.**

The nightguard is a heat-sensitive material. Be very careful to store it in a cool, dry place. **DO NOT PUT THE NIGHTGUARD IN THE GLOVE COMPARTMENT OF YOUR CAR OR THE CARGO HOLD OF AN AIRPLANE. ALSO, KEEP IT OUT OF REACH OF DOGS AS THEY LOVE TO CHEW THEM!**