

## Post-Treatment Instructions Night Guard

- It is common to experience some discomfort following delivery of a night guard.
- Please wear your appliance as directed by your dentist.
- If your appliance needs an adjustments after 1 week, please call the office. Please contact us if you should feel discomfort or pain.
- Use clear cool water to rinse and brush with a soft toothbrush. Please do not use toothpaste, baking soda or bleach to clean your appliance. Using these items may create pores in your appliance leading to a breakdown in materials.