



Nightguard's and Essix Appliance Care and Cleaning Instructions

"Nightguard Hard acrylic" (No need to soak in hot water)

or

"Nightguard Dual-flex" (Needs to be placed in hot tap water for 20 seconds before inserting)

- 1. When inserting your nightguard/appliance please use your hands, not your teeth to insert it. Doing this will protect the other teeth from breaking.**
- 2. After wearing the nightguard/appliance, remove, rinse with warm water, brush it to remove calculus and debris, and either wrap it in a wet paper towel or leave it in a container of water so it doesn't dry out.**
- 3. Polident Tabs are a good way to keep the nightguard/appliance clean. They come in different forms but the overnight or whitening one works well. If you are rinsing and brushing the nightguard/appliance, then you can probably do this once a week.**
- 4. If you are sick, it a good idea to soak the nightguard/appliance in 1Tbsp of vinegar and ½ cup of warm water for only 10 minutes. Then rinse well and soak the nightguard/appliance in a Polident tab for the rest of the day.**
- 5. The lab only covers the nightguard for 3 months so if it's not fitting correctly, please contact the office sooner than later.**