

NIGHT GUARD (Instructions)

- Brush and floss your teeth before putting in your mouth guard.
- Rinse your mouth guard with cool water before putting it in and after taking it out.
- Avoid using hot water, which can change its shape.
- Use a toothbrush and toothpaste to clean it after each use.
- Regularly check for holes or other signs of damage, which means it needs to be replaced.
- Bring your mouth guard to any dentist appointments you have. They can make sure it still fits properly and works.
- Store your mouth guard in a hard container with some ventilation to protect it and allow it to dry out between uses.
- Keep your mouth guard out of reach of any pets, even if the guard is in a container.