

Use and Maintenance of a Night-guard

How to use:

After brushing your teeth, put the night-guard in your mouth and remove in the morning.

Maintenance:

- In the morning, remove the guard and clean it with a tooth brush using liquid soap. Do not use toothpaste! it wears down the guard.
- Put the night-guard in a box. Keep the box open and well-aired.
- Once every 3 days soak the guard in water infused with a cleansing tablet (e.g.: Kukis) for 30-45 minutes.
- In case of calculus buildup, soak up the night-guard in citrus vinegar for a few hours. Afterwards, wash the guard well with fresh water!
- Bring the guard for every check-up with your doctor.

When should you contact your dentist?

- If you experience pain or dental movement in the mornings.
- If you experience sensitivity or pain while inserting the night-guard.

I wish you a speedy recovery,

Dr. Jaron Blasbalg

Prosthodontist- a specialist in oral rehabilitation