

Patient Care Instructions Nightguard

- Brush and floss your teeth, brush your tongue, and rinse your mouth prior to insertion.
- If your nightguard has a light blue hue (*Clear Advantage Plus* thermosensitive):
 - * For ease of insertion, soften the appliance under *lukewarm* tap water for 10 seconds prior to its placement. DO NOT USE HOT WATER as it may loosen the appliance.
- Removal of the appliance is best accomplished by using equal pull on both sides of the mouth. If resistant, swish a sip of water throughout the mouth and repeat removal.
- Clean the appliance after use under *lukewarm* water with a toothbrush, a drop of liquid soap (or any over-the-counter mild cleaning agents indicated for oral devices), and a thorough rinse.
- Store safely away from pets.

