



## Care & Instruction for your Night Guard

Congratulations on getting your new night guard! This appliance will aid in protecting your teeth from clenching and grinding, the harmful wearing and destruction of enamel that this habit causes to your teeth. This guard was custom made to fit your teeth and should fit securely. However, if you feel too much pressure from the appliance, we may need to make an adjustment.

### **Care and Instructions for your Guard:**

- Wear your occlusal guard nightly while sleeping. It may take a few nights to become comfortable with wearing throughout the night. Do not be alarmed; just continue to wear it as much as possible.
- Remove your night guard in the morning and clean it using an anti-bacterial foam hand soap that doesn't have color. This will keep it clean and prevent it from becoming discolored.
- Always keep the appliance in its case so it is not misplaced or mistaken as a toy by pets.

If you have any questions, as always, please call our office at 281-392-8450. We look forward to seeing you at your next visit!