

Smith Family Dentistry
27 Church Street
St. Catharines, ON
L2R 3B7
905-684-2353

Care for Night Guard

1. Keep moist.
2. Soak for a few minutes if the appliance dries out.
3. If it is too tight, soak the appliance in hot (not boiling) water.
4. Clean with a toothbrush, or use *Polident Retainer Cleanser* if you like.
5. If stains develop, use a mixture of 1 part bleach to 5 parts water and rinse the appliance well.
6. Wear the appliance all night.
7. Wear the appliance during the day as it is needed.
8. If there is a significant worsening of symptoms, please contact our office at 905-684-2353



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