



Michael A. Levato DDS
General & Cosmetic Dentistry

CARE & USE OF OCCLUSAL ORTHOTIC - NIGHT GUARD

- Place in your mouth over the teeth, as directed, before sleeping.
- Upon waking, remove the appliance and brush it with a toothbrush and antibacterial liquid soap. Rinse with water, and always store in the protective container. Do not clean your appliance with toothpaste because the abrasive particles in the tooth paste may scratch the appliance.
- You can store it either wet or dry; however do not store it in alcohol or alcohol-based products. Many mouthwashes contain alcohol so please read label carefully. Soak your splint in hydrogen peroxide for 3 minutes daily for ideal care.
- To disinfect the appliance, occasionally place in a diluted bleach solution (1 part Clorox bleach to 10 parts water) for several hours. Rinse thoroughly prior to the next use. Never place in boiling water as it will probably distort the appliance and not fit properly afterwards.
- **DO NOT** leave your night guard out and accessible. Dogs love dental appliances. They will chew and destroy them. Store it in a safe place.
- **DO NOT** leave in hot car or near a window in the sun.
- Bring your appliance to your regular dental check-ups/cleaning and restorative appointments. We will check its fit and function. All appliances occasionally need adjustment as they wear. We will also clean the appliance ultrasonically.
- Please call the office with any questions or concerns.

Superior care, one patient at a time.

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