



legacy smiles

Excellence Is Our Only Standard!

### CARE OF NIGHT GUARD

#### **At Night Before Bed:**

1. At night before bed brush and floss teeth well.
2. Brush and rinse guard well with warm water and soap.
3. Place guard in mouth and wear all night.

#### **In Morning:**

1. Take out guard, brush with warm water and soap, rinse, and place in container provided with water or mouthwash.
2. KEEP OUT OF REACH OF CHILDREN & ANIMALS

#### **Things to Expect:**

1. Teeth may feel squeezed when guard is first placed.
2. Teeth may feel funny when guard is taken out in morning.
  - Do NOT place in direct sunlight or near heat source.
  - Clean thoroughly after any illness.
  - Call if there are any changes in bite, or if any teeth are sore for longer than 3-5 days from wearing guard Also, if you have any concerns with the appliance it's important to contact us as soon as possible.



**(406) 248-2669**  
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