

Night Guard (Thermoflex)

Instructions:

1. Brush and floss your teeth, brush your tongue and rinse your mouth prior to use.
2. Before inserting Night Guard run underneath warm water long enough to heat up the material, so it is able to flex with pressure.
3. Once warmed, insert Night Guard full and wear all night, every night.
4. Rinse your Night Guard with Soap and Water. You can use a Denture Cleaner if you would like to freshen up the appliance. Do not use toothpaste or soak in mouthwash or other chemicals.
5. Ensure you store your Night Guard in a container that has air holes to prevent any bacteria growth. Do not place in direct sunlight. Keep away from children and pets, especially dogs.

General Information

Your Night Guard has ____ months warranty, so if it breaks then bring it back and we will send out for repair.

Keep your models in a safe place so we can make you a new one if you lose or break your current Night Guard.

Wearing your Night Guard every night, all night will prevent wear on your teeth and will help reduce any jaw pain.

Avoid sleeping on your stomach if you can. Sleeping on your stomach forces your head to be turned to the side, which may cause significant muscular strain.

Bring your Night Guard to every checkup and cleaning so we can assess the fit and how it is working.

If you have existing jaw pain, discontinue all gum chewing.

Do not bite into the Night Guard before you have warmed it under hot water as it can cause the Night Guard to crack.

Night Guard use should be discontinued, and you should contact us if:

- Your night guard is uncomfortable, too tight or binding, too loose (can be removed with your tongue), too thick or damaged.
- If your night guard causes increased pain with continued use, this may indicate an underlying TMJ problem.