

# Gentle Dental

## INSTRUCTIONS

### Nightguard Care & Cleaning

Nightguards can wear out or deteriorate over time. Several precautions should be taken to maintain your appliance.

#### **CARE & MAITENANCE:**

- Never attempt to clean your nightguard by boiling it in hot water.
- Do not wrap your appliance in a tissue as it could be mistakenly discarded and be careful not to leave it where it might be stepped on or chewed by a pet.
- Be sure to visit your dentist regularly to have your appliance checked and adjusted if needed.

#### **CLEANING & STORAGE:**

- Clean all surfaces with a stiff toothbrush and soapy water. Rinse thoroughly.
- Soak your nightguard frequently as needed with retainer/denture cleaning tablets.
- Store in a firm and perforated container as supplied.

Contact our office at **#604-371-0801** if you have any questions.