

# Gentle Dental

## INSTRUCTIONS

### Nightguard Care & Cleaning

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

#### **CARE & MAINTENANCE:**

- 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.

#### **WARRANTY:**

- Your nightguard is covered by a **6-month** warranty from the date of fabrication covering defects in materials or workmanship with normal use. If you notice any defects or your nightguard is not fitting properly please call our office right away.

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