

**CHAD KASPEROWSKI**  
DMD



**POOJA KASPEROWSKI**  
DMD

## Instructions for Night Guard

### Use:

- 1) Be sure to brush and floss well before using.
- 2) Night guard should seat snugly on top teeth.
- 3) Bite down. Teeth should contact evenly on both the right and left side.
- 4) Wear at night time to help protect teeth from wear and tear.
- 5) Pull down evenly from both sides to remove. (usually some resistance)
- 6) Clean with toothbrush and some Listerine or Scope when you remove appliance in morning.
- 7) Store **dry**.
- 8) While rare, symptoms of pain or soreness may develop in jaw joint after use. If this occurs, discontinue use and contact office.

### Tips:

It is common for 1<sup>st</sup> time night guard wearers to experience excessive salivation for about a week. This will go away.

Do not use toothpaste to clean guard as the abrasives in the toothpaste will scuff sheen of appliance and make more susceptible to staining and/or tartar buildup

Bring guard with you to dentist appointments so that we may evaluate fit and clean it for you.

Contact office with any questions or concerns. **(703) 591-5637**