



Proper Care For Your Night Guard Or Splint

1. Always keep you appliance moist, store in water or with wet a gauze.
Note: If you have well water at home, you need to use bottle water to store your appliance. Well water will turn your appliance yellow.
2. To prevent bacteria growth, add 1 teaspoon of baking soda to 1 cup of water, soak for 1 hour.
3. Never allow your appliance to dry out. If you are traveling out of town, please keep your appliance wrapped in wet paper towel.
4. Wash Appliance every night with tooth paste and water.