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ExceedingExpectations.com

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Congratulations on your new Night Guard!

- **Prior to placing the appliance in your mouth:**
 1. Brush and Floss your teeth
 2. Soften the appliance under warm tap water to aid in placement of the appliance over your teeth
- **To insert the appliance:**
 1. Use the forefinger and thumb of both hands to guide the appliance into place over your teeth
 2. Gently close your teeth together to insure the appliance is fully seated
- **Removal of the appliance:**
 1. Use the forefinger and thumb of both hands to grasp the appliance
 2. Pull the appliance from your teeth
- **Cleaning of the appliance:**
 1. Use mild liquid hand soap
 2. Brush the appliance under cold tap water with a soft toothbrush

Rinse well with water after use and store dry.

Do NOT soak in mouthwash, denture cleaner, hot water or place in direct sunlight!

The device may take a little time for you to be comfortable, so please be patient.

If you tend to spit it out while you sleep, try wearing it 30 minutes before you go to sleep.

If it becomes loose, tight or causes you any discomfort, call the office for an appointment.

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We appreciate you and rely on google reviews to get patients just like you!

