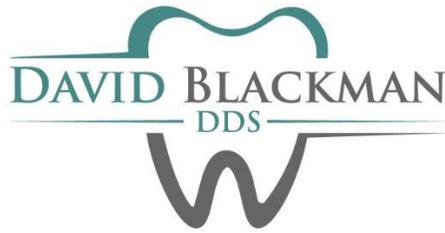


Nightguard Instructions



You have been fitted with a Nightguard to reduce the damage caused by bruxism. Bruxism is the clenching and grinding of your teeth that most often occurs while you sleep, but it can occur at any time of the day.

Symptoms can include:

- A sore, tired jaw
- Difficulty in opening and closing your mouth
- Sensitive teeth
- Earaches or pain in your jaw joint
- Flattened or worn-down teeth
- Teeth that are chipped at the edges or notched at the gumline (abfraction)
- Loose teeth
- Damage to the bone around your teeth
- Damage to your jaw joint (TMJ)

All the causes of bruxism are not known but stress is often a major factor.

It is important to wear your Nightguard every night to protect your teeth and jaw joint from further breakdown and possibly shifting of your teeth. It can take some time to get accustomed to wearing this device so you may want to wear it for an hour or so before you actually got to bed. If you take it off during the night, keep it safe from children and pets and just wear it again the next evening.

To clean your Nightguard:

- Use the sonic cleaner and cleaning tablets you were given
- The Nightguard should be cleaned in solution 4-5 times a week. 1 tablet in warm water for 20 min
- On other days it can be kept in water ONLY
- Keep your Nightguard in the retainer case provided to you
- Keep your Nightguard in a safe place and out of reach of children and pets

****To order more tablets you can go to Amazon or Smilesop.com. It is recommended to use only these specific tablets as other over the counter tablets will break down the material and cause your appliance to peel****