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CARE INSTRUCTIONS FOR NIGHTGUARD

- Brush and floss your teeth and run it under warm water for 30 seconds before placing the appliance in your mouth.
- Do NOT soak the appliance in mouthwash, denture cleaner or alcohol.
- Do NOT place in hot or boiling water or expose to excessive heat (such as direct sunlight), as this may distort the appliance.
- Rinse well with water before and after use, and store dry.
- Clean appliance with soap and warm water ONLY.
- If it becomes loose, tight or causes you any discomfort, contact your dentist immediately.