



FAMILY  DENTISTRY

Daytime Retainer or Night Guard Care Instructions

Note: These mouthguards are NOT to be used as sports guards.

Cautions:

- Do NOT clean or soak in mouthwash
- Do NOT use denture cleaner
- Do NOT use hot water
- Do NOT use alcohol or hydrogen peroxide to clean or soak in
- Do NOT place in direct sunlight

Cleaning Procedures:

- Brush and floss your teeth before use
- Rinse mouth well with clean water before inserting guard
- If you use mouthwash, rinse mouth with water thoroughly before inserting the guard
- Rinse with cool water before and after use
- Store in the case after cleaning