



CORI S. HVIDEBERG, DMD  
Cosmetic & Family Dentistry

## **Nightguard Instructions**

- Make sure to brush and floss before placing your nightguard in for the night.
- Do not eat with nightguard in place
- Clean the nightguard properly with an extra toothbrush or denture brush with antibacterial soap and cold water when removing from mouth.
- Wear the nightguard every night or when you feel you are clenching/grinding your teeth.
- DO NOT** Wear more than 16 hours a day.
- When you are not wearing the nightguard keep it in the container provided
- If the nightguard feels too tight you can run it under hot tap water for 1 minute, to soften inside slightly, then place in mouth.
- DO NOT PLACE NIGHTGUARD IN BOILING WATER OR IN THE MICROWAVE!**
- DO NOT** soak your nightguard in bleach, water, mouthwash, or hydrogen peroxide. The nightguards are dule layered and the liquids can get trapped and cause mold between the layers.
- Keep your nightguard away from pets, as they love to use them as chew toys.
- Bring your nightguard in when you get your teeth cleaned so we can clean it as well for you.
- In the morning your teeth may feel out of alignment. The appliance is muscle repositioning device. Wait about 15 minutes and everything will be back to normal.

**Any question Don't hesitate to contact the office at (941) 366-1775**