

Orthotic Maintenance (Night Guard)

1. Wear appliance at night time.
2. After wearing, rinse well and brush with toothpaste.
3. Keep in water when you are not wearing the guard.
4. Keep away from pets.
5. Bring guard with you to your dental appointments.
6. If you experience any discomfort in your mouth or face please call our office. (218) 326-3437