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[www.dratarpley.com](http://www.dratarpley.com)

Congratulations! Today you have been fitted and are leaving the office with your night guard to help manage your clenching and/or grinding habit. This device, if worn properly will protect your teeth and dental work and minimize the wear and tooth stress which can occur from this habit.

*Care of your night guard:*

- \*When not in use, keep your appliance in the case provided.
- \*Do not put away moist or wet as mildew can form.
- \*When removing your guard after wear, brush with toothpaste and warm water. Your guard will collect plaque and debris as your teeth do. Regular cleaning will minimize this.
- \*Do not expose your appliance to direct sunlight or extreme temperatures. It may distort causing it not to fit.
- \*Do not allow your animals access to your appliance. It may be used as a chew toy!
- \*Lastly, please remember to bring your appliance in with you for your regular hygiene visits with Kathy. It is important to check it periodically to maintain proper function.
- \*Please feel free to contact the office with any questions or concerns.
- \*It is normal for teeth to shift and your mouth to change a little bit every day. If the guard is not worn continuously, subtle tooth shifting can cause a guard not to fit or not to seat properly. We warrantee the guard for one year, unless a problem is caused by not wearing it, i.e. your mouth changing.