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Night Guard...Post insertion instructions

- We are providing you with an appliance called Night guard that will protect your teeth from damage due to teeth grinding.
- It may take a few days to get used to this new appliance. Initially there may be a little discomfort but gradually it will go away.
- If you feel that it is not fitting well just close your teeth and suck the spit in your mouth.
- Brush and floss your teeth thoroughly before putting Night Guard in your mouth.
- Take Night guard out of your mouth in the morning, clean it thoroughly with cold water and a separate brush.
 - Dry it nicely and store it in a clean container.
- If anything bothers you please feel free to contact us.