

ROCKLIN FAMILY DENTAL GROUP



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Nightguard Instructions

Congratulations!

You now have your hard or soft nightguard. The following instructions will help you in the care and maintenance of your nightguard.

What NOT To Do:

1. Do **not** soak your nightguard in mouthwash, denture cleanser or hot water
2. Do **not** expose your nightguard to direct sunlight

Proper Care:

1. Brush your nightguard with soap and water **ONLY**
2. Store your nightguard in its case when dry

Our goal is to provide you with the best that dentistry has to offer and to work with you for excellent oral health. Please do not hesitate to call if you have any questions or concerns regarding your nightguard.

Sincerely,

Rocklin Family Dental Group