

## Night Guard Instructions

### What to Expect

- ❖ Night Guard you are getting is heat flex, what that means is that it softens under warm water. Before inserting it warm it up until it flexes in your hands.
- ❖ It can take up to 2-3 weeks to get use to your new appliance. Please be persistent with wear as it will get more comfortable.
- ❖ If you find you need an adjustment, please come back and Dr Foreman will help you out.
- ❖ Please keep your new night guard in the case provided as it will keep it dry and safe

### Care

- ❖ We would recommend rinsing your appliance in mornings and keeping it in the case.
- ❖ You can brush it with brush.
- ❖ You can place the appliance in water/vinegar solution to remove possible hard water deposit.
- ❖ You can purchase products to help keep the guard fresh (eg. Polident retainer cleaner or denture cleansing foam).
- ❖ We don't recommend placing the appliance in colored mouthwash as it can get discoloured.
- ❖ We don't recommend using toothpaste as it can be abrasive

**We are giving you your models as we do not keep them, they can be used in the future if they stay in good condition.**

## Offers

### Take Home Whitening Promo

- ❖ We can use your stone models to make custom whitening trays
- ❖ \$129 to receive Upper/Lower Custom trays and take home whitening kit
- ❖ Please bring your models by our office and we take few days to make your custom whitening trays