



**ALLRED**<sup>®</sup>  
COMPLETE HEALTH DENTISTRY  
**DENTAL**

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## Care Instructions for Nightguard

- Wear your NG appliance only as directed by Dr. Allred
- Your appliance should have a snug fit.
- **Discontinue use** and call the office for adjustments or repairs if;
  - you can remove the appliance without your hands
  - you sense any movement when it is in your mouth
  - you see any unusual wear in the device such as a sharp edge, sharp point, or a groove in the bump.
- Never attempt to wear it while eating or drinking.
- Never insert or remove appliance while lying on your back. Insert or remove only when standing or sitting upright.
- If you have any type of pets keep your NG in the case provided and out of reach of your pets. They can sense your saliva on the appliance and think it is a chew toy.

## Cleaning Instructions:

- Each morning, clean the appliance thoroughly with cool, **never hot**, water, and brush with a none abrasive cleaner. Dish soap works perfect. Never use toothpaste.
- **Do NOT** put it in the dishwasher or microwave.
- **Do NOT** use alcohol or alcohol-based products for soaking or cleaning. (Many mouthwashes contain alcohol so please read the labels carefully!)
- Never boil it.
- Use the case provided to store your NG, wet or dry.
- Please bring your appliance with you to all routine dental appointments so it can be examined for any repairs or adjustments. Also, we can deep clean it for you.
- Occasionally you may have to soak it for a half an hour in diluted white vinegar if crusty deposits are starting to develop. Soak, then brush.