



1284 Elm Street, Suite 1
West Springfield, MA 01089
(413) 737-6387
ElmDentistry.com

Night Guard Instructions

Congratulations on your new night guard! It was made locally and specifically for you. Care for your night guard should be very easy. For some people, however, getting used to wearing a nightguard takes time and dedication. We always urge our patients not to get discouraged if there are difficulties adjusting to the guard. After all, it can feel very unnatural after decades sleeping without a foreign object in your mouth!

It is totally normal for the process of getting used to wearing the night guard through an entire night of sleep to take several weeks. Stick with it, and your teeth may just thank you for it!

After wearing your guard, rinse it off and brush it lightly with your toothbrush. Always store your night guard in the provided case, and keep it away from all pets!

Always bring your night guard with you to your dental cleaning visits with our office. We'll check to make sure that it is fitting as intended, and we'll clean it in our ultrasonic cleaner for you.