

ABOUT YOUR BITE-GUARD

Great care has been taken in the design and the fabrication of your bite-guard. We want you to enjoy using this device for the longest possible time. The following information will help you obtain the best results.



CLEANING

Rinse off your Guard after use, and clean it carefully using a soft scrubbing brush or toothbrush with soap and water. You are well advised to place a little water in the basin before you start so that if you drop the dental work it does not hit a hard surface which can damage it. **Do not use bleach or abrasive or chlorine.** These chemicals damage the acrylic and cause discoloration. **Do not use hot water** as it may cause distortion.

Three or four times a week you should use effervescent cleaners (such as Efferdent or Polident) there are many products available, and they are all effective. Leave the dental work soaking for at least 20 minutes during the day, or when not in use.

STORAGE

Whenever your Bite Guard is not in your mouth it should be kept in water. The acrylic is processed with moisture, and if it is allowed to dry out it will distort. **Do not let the water stagnate. Change it frequently.**

REPAIRS

Please do not adjust your Bite Guard yourself. You are more than likely to do it the wrong way, and may harm yourself or damage the device. Call my office if you have a problem or any questions. Please do not try to repair your bite-guard yourself. If it becomes fractured or cracked, or a clasp bends, come and see us.

Home made repairs are nearly always mistakes.

MAINTENANCE

Wear your appliance as directed. It may take a few nights to get used to sleeping comfortably with the device in your mouth. If you have difficulties or questions please call us. Dental appliances need to be checked regularly, at least once a year, sometimes more frequently. Please see us as regularly. A lot of harm can be done by failing to intercept a small irregularity in a timely fashion. Let us take the worry out of depending on man-made appliances. The body is constantly changing and remodeling. When this happens in the mouth the dental work may no longer fit well. Delicate dental work may need to be modified frequently. If dental work does not fit correctly it invariably contributes to a harmful result.

Never leave your dental appliances in tissue. They get lost that way! We want you to be happy with your teeth. Let us help you. - Thank you.

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