

NIGHTGUARD CARE INSTRUCTIONS

ECOFIT & HARD NIGHTGUARD

INSERTION:

Using both hands, guide the appliance into place over your teeth. Gently close your teeth to fully seat the appliance.

REMOVAL:

Grasp appliance with both hands and carefully work it off your teeth.

CLEANING:

Run appliance under cold tap water and use a soft toothbrush to gently clean surfaces.

STORAGE:

Shake moisture from appliance, air dry, and place it in the container provided by your dentist.

EAGLE NIGHTGUARD & CRYSTALFLEX

INSERTION:

Before placing nightguard in mouth hold under warm to hot tap water at each use until heated through for approximately 45 seconds.

REMOVAL:

Swish with warm water in mouth to remove. Failure to do so may cause nightguard to break.

CLEANING:

Clean the appliance under cold water with a soft toothbrush and a drop of mild liquid soap. Clean after every use and thoroughly air dry.

STORAGE:

Store nightguard in a dry container safely away from pets.

