



KING RITSON
DENTAL CLINIC

Night Guard

(Bruxism Appliance)

Thoroughly brush and floss your teeth before wearing the appliance.

Soften the appliance in warm water before placing it in your mouth.

Use your finger to place the appliance over your teeth. DO NOT bite until it is properly in place.

DO NOT eat or drink while the appliance is in place.

Use your toothbrush and toothpaste to clean the appliance after removing it.

The appliance may also be cleaned by soaking it in denture cleaners such as Efferdent or Polident.

Bring the appliance to all appointments (adjustments may be necessary).

Please call our office if you have any questions or concerns. We are always happy to help you.

King Ritson Dental Clinic
905-579-5464