

NIGHT GUARD INSTRUCTIONS

CHRISTOPHER M. GREEN D.M.D

- Wear your new appliance every night.
- Do not be alarmed if you take your night guard out in your sleep.
- Please bring your night guard to all future dental appointments.
- Store dry in your new case.
- Clean with liquid soap and a toothbrush.
- Do not clean with toothpaste.
- Do not store in mouthwash.
- Keep away from pets.
- If your jaw starts to hurt for any reason, stop wearing and notify our office (by calling 720-845-5252).