

*Caring for Nightguards or Occlusal Splints*

- Brush and floss your teeth and clean your splint before placing it in your mouth.
- It is best to wear your splint at night while you are sleeping.
- In the morning, clean your splint and leave it in a water-filled container.
- Do not wear your splint for more than 14 hours a day as it may alter your bite if not monitored.
- See your Dentist 1-2 months receiving your splint for a review and any necessary adjustments.
- Always bring your splint with you when seeing your Dentist.

*Always keep your splint in the container when it is not being used. Your splint is clear in color and can therefore be easily misplaced.*

*Please feel free to contact your Dentist at any stage if you have questions.*