

Care of Night Guard

Wear guard every night

In the morning brush night guard with a toothbrush, cool water and Ivory soap or toothpaste, rinse and place back in case. Let air dry. Once a month you may soak it in denture cleaner. Please bring guard in with you when you come in for your regular maintenance appointment so we may clean it for you and Dr. can evaluated it.

If in the morning when you take your guard out your teeth may not feel like they meet correctly, that is normal and just needs a bite adjustment. Call the office to set up an appointment.

If at anytime the guard doesn't feel comfortable, please call the office to set up a guard adjustment appointment.

Any questions or concerns, please call the office.

Mt. Kisco 914-241-6264

Ossining. 914-941-0825