



**Brentwood Mall
205a-4567 Lougheed Hwy
Burnaby, B.C.
V5C 3Z6
604-299-2727**

Night Guard Instructions

BEFORE INSERTING:

1. Soak night-guard in warm tap water for one minute to allow softening of the night-guard.
2. Floss, brush teeth, and rinse with Oral B Fluorinse to prevent decay/gingivitis.

CLEANING INSTRUCTIONS:

1. Brush night-guard with toothpaste and brush.
2. Store in a dry container.

ONCE A WEEK:

Soak night-guard for 5 minutes in Polident Solution with enough water to cover the night-guard. Then, brush the night-guard with Polident Solution. Rinse and store in a dry container.