

Today is your delivery appointment for your new Nightguard. Here are a few tips to maintain your appliance in top notch condition.

- Start wearing your Nightguard every night. In the beginning, the guard might feel a little tight. It's like a brand new leather shoe: it takes a little time to break it in. As you wear it, the appliance will feel more and more comfortable.
- If you feel the appliance could use an adjustment after wearing your occlusal guard for a week, please call us to make a short appointment. Do not attempt to adjust it on your own!
- **ALWAYS** keep your occlusal guard in the provided case when you are not wearing it. Dogs, kids and other members of the family love to play with, chew and ruin your new appliance. Keep it safe in a drawer or cabinet out of reach!
- Clean your appliance everyday with cold water and mild hand soap. **NEVER** use **hot water** as this will might warp the appliance with time. **Do not use toothpaste** as this will prematurely discolor your occlusal guard.
- We are supplying you today with a sample of a retainer cleaner. Use the retainer cleaner every couple of days as directed on the packaging. Some patients have found Retainer Brite in stores but it is not available in all pharmacies. Retainer Brite is always available online at:

<http://www.smileshop.com/> or <http://www.dentakit.com/>

Bring your occlusal guard with you to all of your check ups to receive a free professional cleaning of your appliance by your dental hygeintist.

As always, if you have any questions or concerns please call us and we will be happy to assist you.

– *Dr. Chahine, DMD, FAGD & Associates*