



Dr. Gordon Levin Inc.

Dr. Gord Levin

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Caring for Your Night Guard

The purpose of your night guard is to provide more comfort for you and your jaw muscles. Wearing the night guard should reduce pain in the jaw and neck and keep you from grinding, there for less wear and less sensitivity.

The night guards that we provide fit to your lower teeth and are thermal, they become flexible under warm water. When inserting your night guard you must first run it under **WARM TAP WATER**, nothing to hot or it will become warped, once it is slightly pliable you may insert your guard and as it cools it will become very snug to your teeth. They night guard should have lots of retention; you should not be able to flip it out with your tongue. If you are finding that your guard is uncomfortable or is falling out in the middle of the night please call us and we can do some adjusting to the guard.

Cleaning

Your night guard should be rinsed every morning and placed back in the case that we provided you. If there are no holes in your case make sure to leave the lid open to allow your guard to air out. If you find your night guard is starting to produce an odor you may soak it in some diluted mouth rinse. Do not use tooth paste or brush on guard it is to abrasive.

Thank you,
Dr. Levin
And Staff

