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### **TALON NIGHTGUARD CARE AND USE**

1. Your nightguard is intended for sleep time wear only. A change in your bite might occur if the nightguard is worn more than recommended.
2. Do not use the nightguard as protection during participation in contact sports. Injury to your teeth and jaw might occur.
3. You may soften the appliance under hot tap water prior to placement.
4. Clean the appliance after use under cold water with antibacterial liquid soap and a thorough rinse. You can use a soft bristled toothbrush and toothpaste to clean it as well.
5. Allow the appliance to air dry in its container. The appliance does not need to be stored in any water or solution.
6. The regular use of 'over the counter' denture cleaners one time a week with a maximum 20-minute soak will help manage any accumulation of minerals or stains.
7. In normal use, the appliance may vary from crystal clear to mildly opaque.
8. Removal of the appliance is best accomplished by using equal pull on both sides of your mouth. This will minimize the risk of damage to the resilient portion of the appliance.
9. Pets have an affinity for munching on nightguards and have destroyed more than a few over the years. Store nightguards out of their reach.
10. Avoid exposing the nightguard to high temperatures such as direct sun or in the trunk or glove box of your car when traveling. This can cause distortion and ruin the nightguard.
11. Bring the nightguard to all dental appointments. A new filling or crown will change the way the nightguard fits.
12. Most nightguards last for several years before they need to be replaced. It is advisable to bring the nightguard to your cleaning appointment so the dental hygienist can inspect it for you. Please alert us if your nightguard is chipped or cracked. A repair with the doctor will be necessary.
13. Your teeth may be a little sore and feel as if they do not fit together properly when the nightguard is removed in the morning. This is normal and lasts for a few minutes, perhaps each morning. If you have pain or extremely sore teeth, discontinue the use of the guard and return to the office for an adjustment of the nightguard.
14. Above all please wear the nightguard! It has been constructed to help protect your teeth, dental work, and jaw joints from the damaging effects of excessive grinding and/or clenching. It does not do any good stored in the dresser drawer.