



## How to Care for Your Removable Appliance or Nightguard

### GENERAL INSTRUCTIONS

- 1 Wear appliance as directed by doctor.
- 2 After removing your appliance, clean it with toothpaste and a toothbrush. (Soap and water also work!)
- 3 Rinse under cool tap water.
- 4 When not wearing appliance/nightguard, store it in the protective case provided.
- 5 Occasionally soak the appliance in a denture cleanser, such as Efferdent, to remove any stubborn stains and/or deposits.
- 6 Remember to bring your appliance with you to each dental visit for cleaning and possible adjustments.

### GENERAL INFORMATION

**Please don't hesitate to call us with any questions or concerns you may have: (202) 244-4111.**