



Congratulations! You are now a proud owner of a custom fit dental appliance, that we call a bite guard. This device will serve to protect your teeth from excessive wear and to protect your jaw joints (TMJs) from potential damage. You have made an excellent decision to acquire this amazing little appliance.

Thanks for choosing Bellano Dental Health to help you protect your smile! Please call us if you have any questions or concerns.



BELLANO

DENTAL HEALTH

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**OCCLUSAL GUARD WEAR
& CARE INSTRUCTIONS**

WEAR

When placing the guard in your mouth, it is important to take care not to break the appliance or damage your own teeth. Follow these simple steps to wear your nightguard.

1. Run the guard under clean tap water for a few seconds.
2. Position the appliance over the teeth with your own clean fingertips.
3. Gently press the appliance into position on your teeth until it is seated completely.

NEVER use your teeth to bite the appliance into place. You will know the device is seated fully, when there is no space between your teeth and the interior of the guard. The appliance should not bounce or rock. We stress the importance of regular use of the guard. Wear it while sleeping and also any time that you may feel that you are more likely to clench or grind your teeth.

Remember to bring your guard with you to all of your cleaning appointments.

CARE

Your guard will last longer and perform better, if you take really great care of it. When not in use, be sure to store it within the case we provide you and keep it in a cool dry place. When you remove the device from your mouth, you will want to clean it. You can use a soft bristled toothbrush and clean it under running water. Avoid using toothpaste, as this can be abrasive to the guard. If you prefer, you could periodically use a small drop of dishwashing soap (e.g. Dawn) to provide a deeper cleaning without causing any abrasions on the appliance. Allow the guard to completely dry for 15-30 minutes before storing in the case.