



Care Instructions for NTI (Night Guard)

- Care and Wear your NTI appliance only as directed by your dentist.
- Your appliance should have a snug fit.
- Discontinue use and see your dentist for adjustments or repairs:
 1. If you can remove the appliance without your hands
 2. If you sense any movement when it is in your mouth
 3. If your appliance should chip or crack
 4. If you see any unusual wear in the device such as a sharp edge, sharp point, or a groove in the ramp
 5. If your NTI is uncomfortable, too tight or binding, too loose (can be removed with your tongue), or damaged.
 6. If when wearing the NTI, your back teeth or canine teeth can somehow touch each other in various jaw positions.
 7. If your NTI is causing additional muscle or jaw soreness after continued use.
- Never attempt to wear it while eating or drinking.
- Never insert or remove appliance while lying on your back. Insert or remove only when standing or sitting upright.
- If you have any type of pets keep your NTI in the case provided and out of reach of your pets. They can sense your saliva on the appliance and think it is a chew toy.

Cleaning Instructions:

- Clean daily with soap and water. Do not soak in mouthwash or other chemicals.
- Use the case provided to store your NTI, wet or dry
- Do Not place your NTI in direct sunlight
- Do NOT put it in the dishwasher or microwave
- Bring your appliance with you to all routine dental appointments so it can be examined for any repairs or adjustments. Also, we can deep clean it for you.
- Occasionally you may have to soak it for a half an hour in diluted white vinegar/water mixture, if crusty deposits are starting to develop. Soak, then brush with toothbrush (no paste).

Tips:

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- Avoid sleeping on your stomach. Sleeping on your stomach forces your head to be turned to the side, which may cause significant muscular strain.
- Discontinue all gum chewing if you have existing jaw pain.
- Only wearing your night guard nightly will ensure that it protects your teeth from damage.