

BITE GUARD HOME-CARE

1. Do not wear 24 hours a day- 24 hour usage will cause permanent changes to your bite.
2. Wear only at bedtime.
3. Clean with cool water and mild soap (dove, hand soap, or other detergent). Make sure to rinse thoroughly.
4. Do not use toothpaste to clean- this will damage the finish.
5. Store in dry case after use.
6. Bring to each re-care (check-up) appointment. Dr. Miller will need to evaluate the fit and make any adjustments if necessary.