



## Night Guard

- A night guard is not an orthodontic appliance. The night guard will not move your teeth.
- When you remove your night guard in the morning, your bite may feel different. This is not due to shifting of your teeth, but due to your muscles being relaxed.
- Clean night guard daily.
- Do not soak in mouthwash. Mouthwash will discolor guard and alcohol breaks down plastic.
- Denture cleaner or retainer brite tablets can be used.
- A sonic cleaner with tablets can be used together in cleaning and disinfecting guard.
- A Denture brush or hard toothbrush can be used to clean night guard.
- Do not leave night guard in direct sunlight, near heat vent/radiator or inside a vehicle. The heat can distort or melt the night guard.
- If you have a cat or dog — please keep guard in your case. Animals will use your night guard as a chew toy.



# Carolina Aesthetic Dentistry

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## **Immediate Denture**

Instructions for the day of extraction:

- Your denture will be delivered after the procedure
- Do not remove the denture
- You should not eat sticky foods. (example: chewing gum or caramel)
- You should not eat hard and crunchy foods. (example: raw carrots or french bread)
- Rinse daily with warm water mixing half teaspoon of baking soda and half salt.

Please contact the office immediately if your temporary crown should come off or break.

If your temporary crown is off and you're not able to get to our office within a day, you may use toothpaste or Fixodent denture adhesive inside the temporary crown and place it back on the tooth.

If you temporarily place your crown back on at home, please make an appointment to have the temporary crown evaluated in our office as soon as possible. During this appointment we may recement or remake your temporary crown.