



First Impressions Family Dental Care

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INSTRUCTIONS FOR USING YOUR OCCLUSAL SPLINT

1. Wear your guard to bed every night.
2. You can self-adjust your guard by placing it in warm water before wearing. (do not use hot water)
3. To clean your guard use hot soapy water and a soft toothbrush.
4. Please avoid all commercial cleaners as they will drastically shorten the appliance's life.
5. Keep in a safe place (dogs love to chew on these).
6. Please wear your splint for at least a week before returning to our office for any adjustments.

Any further questions, please call us at 317-867-5511