



SPLINT & NIGHTGUARD

Care Instructions

Proper care of your custom nightguard or splint will prevent bacterial growth & keep it in good shape for a long time, saving you time & money.

PureFlex Splint **Thermoflex*
Soak in warm water for 1 min before insertion. (softens splint)

Hard Acrylic Splint
Rinse with cold water before using it & shake to remove excess water.

- Rinse nightguard after each use & clean it with a soft toothbrush & gentle toothpaste, rinse thoroughly after cleaning.
- Place nightguard in its protective case provided to you.
- If the nightguard goes unused for more than 2 weeks - rinse the guard with water & mouthwash, let it dry & put it back into the case.
- Store at room temperature.
- Inspect your nightguard prior to each use looking for distortion or damage, this may weaken its integrity.