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## *Caring for Your New Day-guard or Night-guard*

- ❖ Wear your appliance (guard) EVERY DAY.
  
- ❖ **DO NOT** use your regular toothbrush or regular toothpaste to clean your mouth-guard. This will cause very small scratches that can harbor bacteria, and over time will cause it to turn a milky color.
  
- ❖ **DO** clean your guard with a denture brush and a denture cleanser or soak. These products are much less abrasive and recommended.
  
- ❖ **DO** bring your guard to ALL of your dental appointments. At your cleanings we will professionally clean your guard, check the fit, and monitor the wear. During any treatment appointments, we will need to check the fit afterwards to ensure you are still able to wear it every day.