

## Care Instructions for NTI (night guard)

J. Richard Burch D.D.S LLC  
816-822-0990

- Wear your NTI appliance only as directed by your dentist.
- Your appliance should have a snug fit.
- Discontinue use and see your dentist for adjustments or repairs:
  - If you can remove the appliance without your hands
  - If you sense any movement when it is in your mouth
  - If your appliance should chip or crack
  - If you see any unusual wear in the device such as a sharp edge, sharp point, or a groove in the bump.
- Never attempt to wear it while eating or drinking.
- Never insert or remove appliance while lying on your back. Insert or remove only when standing or sitting upright.
- If you have any type of pets keep your NTI in the case provided and out of reach of your pets. They can sense your saliva on the appliance and think it is a chew toy.

### Cleaning Instructions:

- Each morning, clean the appliance thoroughly with cool, not hot, water, and brush without toothpaste.
- Do **NOT** put it in the dishwasher or microwave.
- Do **NOT** use alcohol or alcohol-based products for soaking or cleaning.  
(Many mouthwashes contain alcohol so please the labels carefully!)
- Never boil it.
- Use the case provided to store your NTI, wet or dry.
- Bring your appliance with you to all routine dental appointments so it can be examined for any repairs or adjustments. Also, we can deep clean it for you.
- Once in a while you may have to soak it for a half an hour in diluted white vinegar if crusty deposits are starting to develop. Soak, then brush.