



Ultraflex™ Night Guard

Ultraflex™ night guards provide the benefits of a monomer-free, hypo-allergenic alternative to traditional acrylic night guards and are recommended for light to moderate bruxers.

Instructions:

Always soak your night guard in hot water from the tap (never from the kettle!) before use.

It may take up to weeks for you to get use to having the night guard in your mouth through the night. If you're having difficulty getting use to the night guard at night time, try using it occasionally during the day time. However,

feel free to take your night guard out if it is bothering you and try the following night.

In the morning, take your night guard out and wash it with mild hand soap and a small brush to clean the inside of the guard. Rinse it well and leave it upside down on a dry towel.

Over time, your night guard may start to discolour. Soaking your night guard in shallow warm water with a Polident™ denture cleaner disk for few hours during the day time will get all the stain and calculus off of your appliance.

Never check the flexibility of your night guard

by pulling the ends apart, you'll cause it to crack.

Never soak your night guard in dish detergents, bleach, alcohol or hydrogen peroxide.





CALL OUR OFFICE (905) 646-0104 WITH ANY QUESTIONS

Never allow your saliva to dry on your night guard. It will stain your appliance and allow bacteria to colonize on the surface.

Never soak your night guard in boiling water.

Never use your night guard if it is cracked along the biting surface. You may choke on small pieces that may come loose while you're sleeping.

If you're having difficulties getting used to your night guard, give your office a call and we will adjust your appliance to make it easier for you to get used to it.

Night guards last anywhere between 3 to 5 years depending on how hard you clench or grind on it while you sleep.

Contact us if you feel you're due for another night guard.

Night guards have been classified as one of the best investments in dentistry. It is worth the effort to try to get used to it.



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