

Proflex Night Guard Instructions

- Brush and floss your teeth prior to placement
- **Always** soften the appliance under warm tap water to aid in placement over teeth
- Use the forefinger and thumb of both hands to guide NG into place and to remove
- Gently close your teeth to insure NG is fully seated
- Brush the NG under cold tap water with a soft brush
- You can use one teaspoon of vinegar with one cup of water if accumulation of minerals and or staining occurs
- Place the appliance in the container provided
- Store the NG in denture cleaners or fresh water daily when it is not in use

If any discomfort occurs, please contact our office
604-267-3368

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