

Caring for Your New Nightguard

Nightguards and bite splints can make a world of difference for your bruxing and grinding, alleviating pain and preventing further destruction of existing healthy dentition. The CLEARsplint® is a hard nightguard fabricated from a modified composite material that is made to your prescribed bite plane. This optically clear splint is nearly invisible when worn and amine-free to resist yellowing. When placed in warm water before inserting in the mouth, it will self-adjust for the closest fit and increased patient comfort. Because it does not contain the methyl methacrylate found in other acrylic splints, allergy problems are eliminated.

For best results, wear your nightguard every night or as directed by Dr. Rader.

RECOMMENDED CLEANING INSTRUCTIONS

- Brush and floss before using the nightguard.
- Do NOT soak the bite splint in mouthwash, denture cleaner or alcohol.
- Do NOT place the bite splint in hot or boiling water or expose to excessive heat (such as direct sunlight). This may distort the appliance.
- After use, rinse the bite splint with water and store dry. Use the provided case for added protection.
- Clean the bite splint with soap and warm water ONLY.

IMPORTANT PANDEMIC INFORMATION

Since your dental care team has been in close contact with you during your procedure, please notify our office if you experience symptoms or test positive for COVID-19 within 14 days of your visit so that we can take measures to curtail the spread of any virus. It's for our health and safety as well as the safety of those who visit the practice.

ADDITIONAL QUESTIONS OR CONCERNS

Should you have any additional questions or concerns about your procedure, please contact our practice.