



CLEARSPINT nightguard

Manufacturer's instructions for patient care are as follows:

*To adjust – soak in **HOT** water (aprox 150*) for no more than 1 minute.*

Remove and place in mouth and bite down until comfortable fit.

Then take out and rinse with cold water until nightguard hardens.

Do not clean with any alcohol based products. Do not use standard toothpaste.

Use soap and water for cleaning or non-abrasive denture cream.



HARD or HARD/SOFT Nightguard

Manufacturer's instructions for patient care are as follows:

Do not store in water – soak for no more than 10 minutes in warm tap water.

Do not clean with any alcohol based products.

Do not use standard toothpaste.

Use soap and water for cleaning or non-abrasive denture cream.