

## ADJUSTABLE HARD NIGHT GUARD CLINICAL TECHNIQUE

**STEP 1:** Hold the \*Hard Night Guard under hot running water for one minute.

**STEP 2:** Insert Hard Night Guard into patient's mouth.

**STEP 3:** Direct patient to bite down with light pressure to allow Hard Night Guard to self-adjust to the fit and bite.



\*Hard Night Guard may appear cloudy at first. Cloudiness will cure and clear up in 10 days.