

Dentistry at Millenium Park, Chicago
8 South Michigan Avenue * Suite 1800
Chicago, Illinois 60603

www.stephengordondds.com

The Dental Office of Stephen J. Gordon, DDS

Tel: 312-750-9000

Fax: 312-750-9100

Patient Instructions for Snore Guard Usage

- 1) For the first few nights, place in the Snore Guard 10 - 15 minutes before sleep to get used to wearing it.
- 2) It generally takes two to three nights to become accustomed to wearing the Snore Guard.
- 3) Do not wear the Snore Guard if it is uncomfortable or causing any pain (Note: It is normal to have some degree of initial soreness of the jaw muscle or teeth that it attaches to).
- 4) After removing the Snore Guard upon waking, brush with toothpaste, rinse and thoroughly dry. Then store in the container provided. Always use cool water (warm or hot water will change the fit).
- 5) If you have dogs, cats or young children, please keep the Snore Guard in its case and place securely in a drawer.