

## **A quick word from Dr. Cynthia Fee:**

Dear Orthodontist,

Your patient has recently purchased a SOVA night guard. This is great news, because it means that they are very committed to protecting their teeth from harm.

All we ask is that you please help them fit their mouthguard! We want to make sure that our custom-fitting guards are best suited to your patient's specific needs. Please review the bulleted list below and feel free to reach out if you have any questions.

- If the SOVA night guard is utilized over braces at a point where moderate tooth movement is taking place (often during early stages of treatment), the guard will likely fit properly for only a short period of time before needing to be remolded.

- Ideally, you should fit your patient's mouthguard at a point of orthodontic treatment during which only minor tooth movement is taking place.

- Block-out material (such as a thinned piece of rope wax) must be used to prevent the mouthguard material from engaging in the cervical/gingival edge of the bracket and wire.

- Excessive use of block-out material will result in a less retentive mouthguard. – If the mouthguard is too retentive, it may be adjusted by simply re-heating the guard in the specific problem area and adjusting as needed.

- Last but not least, always remind your patient to remove their SOVA night guard with care around their braces!

Thank you so much for your time and support! Again, don't hesitate to reach out to our team with any questions that arise.

With love,

Dr. Cynthia Fee

[customerservice@sovanightguard.com](mailto:customerservice@sovanightguard.com)