NIGHT GUARD HOME CARE

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CLINICALLY PROVEN RESULTS

- Protects teeth from clenching and grinding.
- Allows muscles to relax in desired positions.
- Preventative / Lessening the risk for future problems.

ADDITIONAL BENEFITS

In addition to protecting your teeth and jaw, wearing a night guard can help you sleep better and reduce the risk of developing TMJ disorder.

Recommended care for your Night Guard:

HOW TO USE IN 7 SIMPLE STEPS

1. Rinse Immediately after Wearing

- Each time you wear your night guard you should rinse it with warm water as soon as you remove it from your mouth. This will remove debris and loosen any plaque that is stuck to the night guard.

2. Brush the Night Guard with your Toothbrush

- After rinsing, give your night guard a light brushing with your normal soft bristled toothbrush. Some people prefer using a separate toothbrush just for their night guard, but it's okay if you want to use the toothbrush you use to brush your teeth daily.
- NOTE: Do NOT apply toothpaste to the brush. Since toothpaste can be abrasive, it may scratch your night guard and cause it to wear out more quickly. Dish soap or Castile soap is a good non-abrasive daily cleanser for your guard.

3. Lay your Night Guard on a Clean Surface and Allow it to Dry Completely

- It's important to allow your night guard to dry completely before storing it, as to prevent rapid bacterial growth. Choose a clean, flat surface to allow your night guard to dry. Typically, it should dry within 15-30 minutes.

4. Always Store Your Night Guard in a Case

- When you are not wearing your night guard it is important that you keep it stored in a case. Many people store their night guard in their bathroom. We

recommend that you keep the night guard stored in your bedroom or on your nightstand instead. Be careful not to store your night guard anywhere subject to extreme hot or cold temperatures.
- NOTE: Be aware that pets love new chew toys, please keep your night guards safely out of reach of your pets.

5. Deep Clean your Night Guard Monthly

- Make a habit of deep cleaning your night guard as least once a month. This can be done several ways. The first is by using an over-the-counter nonabrasive denture cleaner. Simply place your night guard in a bowl with water OR purchase an inexpensive ultrasonic / jewelry cleaner and allow the cleaner to dissolve completely into the water. After soaking, rinse the night guard and the bowl with water. Once finished, allow the night guard to dry completely. If your Nightguard needs a more extensive cleaning, we provide this service for FREE.
- PRO TIP: Extended time in liquid can damage the material your night guard is made from. Do not soak in any liquid containing alcohol – that includes Listerine.

6. Keep Your Case Clean

- Cleaning your night guard can become a wasted effort if you put a clean night guard into a dirty case. Keep the case clean by hand washing it every few days with regular dishwashing soap or castile soap. Avoid placing the case in the dishwasher as the high temperature may melt or warp the plastic. After washing, allow the case to dry as to prevent bacteria growth.

7. How Long Should My Night Guard Last?

- Night Guards will have varying durability depending on several factors. A night guard will have an average lifespan of 5 years, but depending upon the wear, it can need replacement in just 1 year.
- PRO TIP: If you have ANY restorative work and or hygiene appointments here at the office, bring the night guard with you! We like to use this time to check in, make sure its fitting properly, and that it's doing the best job it can for YOU.