

Masters Dentistry Nightguard Care Instructions

At Masters Dentistry, we want your nightguard to remain comfortable, effective, and long-lasting. The following guidelines will help you care for your appliance properly.

Wearing Your Nightguard

Wear your nightguard nightly as instructed.

It may also be worn during the day if you notice clenching or grinding, such as while driving or working.

Before Use

Brush and floss your teeth before inserting your nightguard. This helps prevent trapping bacteria against your teeth and gums.

Cleaning Your Nightguard

Clean your nightguard daily using a soft brush, mild hand soap, and warm water only.

Rinse thoroughly after cleaning.

Do not use toothpaste, as it can be abrasive and scratch the surface.

What to Avoid

Do not soak your nightguard in mouthwash, denture cleaner, or alcohol.

Do not place your nightguard in hot or boiling water or expose it to excessive heat, such as direct sunlight, as this can distort the appliance.

Storage

After use, rinse your nightguard and store it dry in its case.

Do not store it in a napkin, as it may be accidentally thrown away.

Keep it out of reach of pets.

Fit and Maintenance

Your nightguard should fit comfortably and securely.

If it feels loose, tight, or uncomfortable, please contact our office so it can be adjusted.

Bring your nightguard to your routine dental visits so we can evaluate its condition and fit.

What to Expect

It may take a few nights to adjust to wearing your nightguard. This is normal. Consistent use helps protect your teeth from clenching and grinding.

If you have questions or need an adjustment, contact Masters Dentistry at (586) 463-8635