

CUSTOM SNORE GUARD INSTRUCTIONS

You have made a worthwhile investment into protecting your overall health with a custom fit snore guard. Caring for your snore guard will ensure that it can continue to help you get a peaceful night's sleep for years to come.

Your oral health routine should include cleaning your snore guard every day.

Cleaning Tips:

- **Rinse:** Rinse your snore guard with warm water each time you remove it from your mouth. This will help to remove debris and any loose plaque on it.
- **Brush:** After rinsing, lightly brush your snore guard with a soft bristle tooth brush.
- **Clean:** Use liquid dish soap to clean your snore guard, as toothpaste can be tooth abrasive and damage the snore guard material. Alternatively, personal ultrasonic pods are some of the most effective cleaning methods for removable appliances. One example is the Zima Dental Pod which can be purchased online.
- **Dry:** Allow your snore guard to completely dry prior to storing it in the case. You can lay it on a clean dry cloth on a flat surface, out of the reach of pets, to allow it to dry completely. This should take less than 30 minutes.
- **Store:** When not wearing your snore guard, it is important to store it in its case to keep from losing it.

Additional Care Tips:

- Never soak your snore guard in mouthwash, denture cleaner, or alcohol, all of which can destroy the material.
- Never place your snore guard in hot or boiling water, or expose it to excessive heat such as direct sunlight. Doing so can distort the appliance and ruin it.
- Discomfort: If your snore guard loosens, tightens, or causes you discomfort, please contact our office.

If you have any concerns or questions, please contact our office at 843-357-2122.