

## CUSTOM NIGHTGUARD INSTRUCTIONS

You have made a worthwhile investment into protecting your oral health with a custom fit nightguard. Caring for the nightguard will ensure that it can continue to protect your teeth for years to come.

### Proper Use:

Compliance is key! You cannot prevent the damaging effects of bruxism on your teeth if you do not wear your nightguard.

- Your nightguard should be worn all night long, every single night. We often recommend building a tolerance to your new nightguard by wearing it for smaller increments of time during waking hours, and gradually building your way up to wearing your nightguard comfortably all night.
- Clean and rinse your nightguard before and after each use.
- **DO NOT** bite your nightguard into place, as this can crack or break your guard if it does not easily seat into place. Instead, press your nightguard into place using your fingers.
- After use, clean and rinse your nightguard and store it dry in its case. Do not wrap it in a napkin, tissue, or paper towel, as you can accidentally throw it away.
- **DO NOT** soak your nightguard in any liquid (mouthwash, denture cleaner, hot water, etc) except as instructed below for thorough cleaning.
- Keep your nightguard stored in its case away from direct sunlight.
- **IMPORTANT!!** – Dogs love nightguards! To your dog, it is their new favorite chew toy. Always keep out of reach of dogs, and other pets.
- Bring your nightguard with you to your dental appointments, especially if you are having restorative treatment completed (filling, crown, etc). We will examine it at your regular cleaning appointments for wear and correct fit.

### Proper Care:

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

### **Daily Cleaning Instructions:**

- Rinse immediately with warm water as soon as you remove your nightguard from your mouth to remove any plaque or debris.
- After rinsing, brush your nightguard with a soft bristle tooth brush, and liquid dish soap and water. We have discontinued recommending the use of toothpaste as some toothpastes are very abrasive and can lead to accelerated wear of the nightguard.
- Dry your nightguard completely before storing in the case. Sometimes this can require leaving it to sit out for up to 30 minutes while it dries. Storing a nightguard in the case with moisture can lead to bacterial growth.
- Always store your nightguard in its case when not in use. This will help you to avoid losing it.

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### Deep Cleaning Instructions:

It is recommended to deep clean your nightguard at least once per month, but weekly deep cleaning is even better.

When following the instructions below, be sure not to soak your night guard in any liquid longer than 1 hour due to possible damage to the material. Also, it is not recommended to use mouthwash or denture cleaner.

- **Step 1:** Using a glass or plastic bowl (nothing metal), soak the nightguard in distilled white vinegar for 30 minutes. Use a timer if necessary.
- **Step 2:** After soaking, rinse the nightguard and bowl in lukewarm water.
- **Step 3:** Soak the nightguard in hydrogen peroxide for 30 minutes. This will help to remove any discoloration and neutralize the vinegar taste. Use a timer if necessary.
- **Step 4:** Rinse your nightguard thoroughly with lukewarm water, place it on a clean dry washcloth on a flat surface (out of the reach of your dog), and allow it to dry completely before returning it to its case.
- **Step 5:** Cleaning your night guard can be a wasted effort if you put it back in a dirty case. Keep the case clean by hand washing it every few days with liquid dish soap, and then allow it to dry completely.

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.