

Occlusal Guard/Night Guard Instructions

Your appliance was custom made for your teeth in our office and can be adjusted to your personal comfort level. They are a valuable tool when it comes to protecting your teeth!

Wearing Instructions:

It generally takes about two weeks for most patients to become comfortable wearing their appliance at night.

The appliance should be worn every night. Wear the appliance during naps whenever possible.

Maintenance:

- **Daily:** After wearing your appliance, gently brush it with a toothbrush. You don't need to apply toothpaste. Dish soap can be a good non-abrasive cleanser for your guard. **Lay your night guard on a clean surface and let it dry completely to prevent rapid bacterial growth.**
- Always store it in a case! Do not store the night guard anywhere subject to extreme hot/cold temperatures as it may cause the nightguard to warp.
- **Once a month:** Two ways to clean your night guard: First, you can soak your appliance in a denture cleaning solution (i.e. Efferdent, Polident, Retainerbrite). Simply place the night guard in a glass or bowl with water, and allow the cleaner to dissolve completely in the water. Second, you can soak the appliance in white vinegar for at least 30 minutes. After soaking, rinse the appliance with water. Then soak the night guard in hydrogen peroxide for 30 more minutes. Rinse again, and allow the night guard to dry completely. **Do not leave your night guard soaking in anything longer than one hour. It may damage the night guard material. Do not soak with any liquid containing alcohol (Listerine).**
- **Once a year:** bring your appliance with you to your cleaning appointment so we can evaluate the fit and amount of wear to your appliance.
- **Periodically:** your appliance may need to be remade after 2-3 years due to the harsh effects of grinding or clenching.

KEEP YOUR APPLIANCE AWAY FROM PETS –Dogs love to chew these appliances!

Thank you for your cooperation and continued commitment to good oral health. If you have any questions or concerns, please do not hesitate to call/text us or e-mail us!