



guardmyteeth.com

# Care and Use Guide

## Custom Night Guards Cleaning and Care Procedures

A custom night guard is worn daily and like any personal care item, it requires regular cleaning to prevent damage to the appliance and growth of bacteria. Proper care and maintenance of your custom night guard will keep it in good shape for a long time, saving you time and money.

## Cleaning Your Custom Night Guard

In the morning, following each use, rinse your nightguard with warm water then clean your night guard with a toothbrush and antibacterial soap. Toothpaste can also be used but toothpaste typically contains a polish which may scratch your nightguard. It is important to dry your nightguard. A wet uncleaned nightguard is the perfect breeding ground for bacteria that could cause you to get sick.

Avoid using any cleaner that contains alcohol, or mouthwash as these can drastically shorten the lifespan of the appliance. However, if after washing the appliance it is still too filthy that you won't use it you may try using an over the counter denture cleaner. Do not soak the appliance for more than 30 minutes.

When traveling be sure to dry the night guard completely before placing it in its container. It's just as important to care for your night guard's storage case as it is your night guard. Placing a clean night guard into a case that hasn't been cleaned in quite some time will contaminate the night guard and could lead to illness or an oral infection. Wash your case out well with soap and hot water before use. Rinse it and allow it to dry before you place your night guard into it.

## Inspection

Check your night guard weekly for any damage. Night guards are made to be durable, but over time, the grinding and or clenching will take its toll. The good news is that the damage is being done to the night guard, which can be replaced inexpensively, instead of your teeth.

Take your custom night guard with you to your regular dental checkups so your dentist can also give it a more thorough examination and make sure that it is working well. Your dentist can also give you additional advice on caring for your night guard. If you find any damage on your night guard, it's time to purchase a new one. Don't use a damaged night guard. Depending on the extent of the damage, it's possible for small pieces to dislodge, which could cause injury.