



Custom Night Guard Instructions

PROPER USE:

Compliance is critical! You can't prevent the damaging effects of grinding your teeth if you don't wear your night guard.

- Your night guard is custom fit to your teeth.
- When you first try-in your night guard, all of your teeth should be hitting equally when you bite down. If you feel like you are biting unevenly, please let us know so that we can bring you in for an adjustment.
- During the first couple of days, soak your night guard in hot water for about 10-15 seconds and then immediately place it in your mouth.
- Your night guard should be worn all night. If you find it difficult to adjust to this, you can start by wearing it a few hours each day and then gradually work up to wearing it for a full night every night. You may find that you wake up with your night guard on your pillow as you are adjusting to wearing it. Make sure you keep wearing it nightly. You will eventually get used to it.
- Initially, after wearing your night guard, your bite might feel off. This will resolve with time as you get used to wearing your night guard.
- Rinse your night guard well with water after use and store it dry—in its case—in a safe place. Please do not wrap it in a napkin or paper towel—you could accidentally throw it away.
- Please keep your night guard stored in its case away from direct sunlight.
- **IMPORTANT:** Dogs *love* night guards! To your dog, it's a great chew toy, so always keep your night guard out of reach of your dog.
- Bring your night guard with you to your dental appointments, especially if you're having restorative work (filling, crown, etc.). We'll also 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 after wear.** Each time you wear your night guard, you should rinse it with warm water as soon as you remove it from your mouth to remove debris and plaque.
- **Brush your night guard with your toothbrush.** After rinsing, give your night guard a light brushing with your normal toothbrush, which should have soft bristles.

- **We recommend *not* cleaning with toothpaste.** Toothpaste is too abrasive and can damage the material, causing your night guard to wear out more quickly than it should. You can use a liquid dish detergent with lukewarm water.
- **Lay your night guard on a clean surface and allow it to dry completely before storing.** Allow your night guard to dry completely before storing it to prevent rapid bacterial growth. Lay it on a clean, dry washcloth on a flat surface, out of reach of pets, to allow it to dry, which should take less than 30 minutes.
- **Always store your night guard in its case.** When you're not wearing your night guard, it's important to keep it stored in its case to keep from losing it.