

NIGHTGUARD

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Your new nightguard is a custom appliance made just for you. With proper care, it can last you years. The following tips can help your nightguard last, perform properly, and remain free of bacteria.

Storage

Always store your nightguard in water when it is not in your mouth.

Wear Nightly

Wear your nightguard every night as prescribed by your dentist. Not wearing your nightguard may lead to your teeth chipping, breaking or your nightguard not fitting properly.

Clean Teeth

Floss and brush your teeth each time before wearing your nightguard. Food trapped in and on your teeth may not let your nightguard seat properly and break or chip your appliance.

Nightguard Cleaning

After wearing your nightguard, always soak it for 15 minutes in a solution of equal parts water and white vinegar. The solution will soften the calculus/tartar that may be deposited on it. Always brush the appliance with your toothbrush and toothpaste, rinse and store in water until the next use.

Weekly Cleaning

Once a week you may use a non-abrasive cleanser following the manufacturer's recommendations. Always use the cleanser outside of the mouth and thoroughly rinse the nightguard before placing it in your mouth.

Inspection

Visually check your appliance for any chips or cracks before placing it in your mouth. If the nightguard is damaged, see your dentist as soon as possible to have it repaired or replaced.

Yearly Recommendation

Bring your nightguard to your hygiene appointments yearly. Your dentist will continue to re-evaluate the condition and make sure its properly working.

Avoid

Do not use any abrasive cleansers, this may damage the nightguard. Cleaners containing alcohol can discolor and weaken the nightguard. Also avoid using water hotter than you would wash your hands with, this may warp the nightguard. Additionally, do not exert too much force on your nightguard by biting or chewing it. Doing this may chip or break the appliance requiring a new one to be made.

New Nightguard Needed

Once the nightguard is too worn, has holes, is lost, or no longer fits your teeth, please schedule an appointment as soon as possible to have a new nightguard made. Also, if you've had new dental work recently completed such as veneers or crowns, then a new nightguard will need to be made.