

HOW TO CARE FOR YOUR NIGHTGUARD

STORING YOUR CUSTOM NIGHT GUARD

When your night guard isn't in use, it should be kept in its case. Because high temperatures can cause the material to distort, you should store your night guard in a cool, dry location. Although many people store their guards in the bathroom, the heat and steam can cause the material to warp, requiring you to purchase a new guard. Your nightstand is likely a better spot. Your case is one of the most important tools you have to keep your night guard in good shape. The durable exterior will prevent damage to the guard, even if it is knocked off the stand or counter, and will keep contaminants from settling onto the guard.

CLEANING YOUR CUSTOM NIGHT GUARD

In the morning, following each use, clean your night guard with a toothbrush and Liquid Hand Soap. **Do not use toothpaste to clean the appliance**, as it contains silica and could cause damage.

Dry the night guard thoroughly before placing it in its container.

This will prevent bacterial growth.

It's just as important to care for your night guard's storage case. 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. Once a week, scrub the case inside and out with soap and hot water. Rinse it and allow it to dry before you place your night guard into it.

CHECKING YOUR CUSTOM NIGHT GUARD

When you do your weekly cleaning, check your night guard for any damage, include rips and tears or a breakdown of the material.

Night guards are made to be durable, but over time, the grinding will take its toll. The good news is that the damage is being done to the night guard, which can be replaced, instead of your teeth. We recommend, due to this wear that your nightguard be replaced every five years

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.

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