

Recommended Care for Night Guard

- Remove the night guard from the mouth following sleep and use.
- Clean night guard with brush (toothbrush is fine). Use soap or toothpaste to help clean night guard.
- Place night guard in container.
- Once a month, you may use a few drops of bleach or denture cleaning tablets in a mug of water.
- Don't store in a hot dry place as guard may warp and no longer fit. Wrapped in a wet paper towel is ideal for storage at the proper hydration.
- Careful not to drop the guard as it can shatter with sudden impacts.
- Night guard may discolor over time, this will not effect the function of the appliance.
- Bring the night guard to your exam and cleanings for the dentist to evaluate and clean for you.