

## NIGHT GUARD CARE

Caring for your dental night guard is important to ensure its effectiveness and longevity. Here are some tips on how to properly care for your dental night guard:

- 1 Clean it daily:** Rinse your night guard with cool water each morning after use to remove any saliva or debris. You can also use a mild soap or denture cleaner to gently clean the night guard. Avoid using hot water, as it can distort the shape of the night guard.
- 2 Brush it regularly:** Use a soft-bristled toothbrush and toothpaste to brush your night guard thoroughly at least once a day. This helps remove any buildup of plaque or bacteria.
- 3 Keep it dry:** After cleaning your night guard, make sure it is completely dry before storing it. Moisture can promote bacterial growth and cause odors. Store your night guard in its case when not in use.
- 4 Store it properly:** Use the case provided by your dentist to store your night guard when not in use. This helps protect it from damage and prevents it from collecting dust or debris. Dogs especially like the taste of an appliance so protect it from them.
- 5 Avoid heat:** Keep your night guard away from sources of heat, such as hot water, direct sunlight, or hot surfaces. High temperatures can warp the material and affect the fit of the night guard.
- 6 Avoid harsh chemicals:** Avoid using abrasive cleaners or harsh chemicals on your night guard, as these can damage the material. Stick to mild cleaners recommended by your dentist.
- 7 Inspect it regularly:** Check your night guard regularly for signs of wear and tear, such as cracks, chips, or rough edges. If you notice any damage, contact your dentist for a replacement.
- 8 Replace it as needed:** Over time, your night guard may become worn out or lose its effectiveness. Follow your dentist's recommendations for replacing your night guard, typically every 3-5 years, or sooner if it shows signs of damage.
- 9 Keep up with dental visits:** Attend regular dental check-ups so your dentist can assess the condition of your night guard and ensure it is still providing adequate protection for your teeth.
- 10 Avoid chewing on it:** Refrain from chewing on your night guard, as this can damage the material and affect its fit. Only use your night guard for its intended purpose of protecting your teeth while you sleep.

By following these care instructions, you can help prolong the life of your dental night guard and ensure it continues to provide effective protection for your teeth while you sleep. If you have any questions or concerns about caring for your night guard, don't hesitate to contact your dentist for guidance.