



How To Properly Care For Your Night Guard

Night guards can be a valuable tool when it comes to protecting your teeth from harsh effects of grinding or clenching. Now that you have a guard, it's important that it is cared for properly so that it can continue protecting your teeth for as long as possible. Your daily oral health routine should include cleaning your night guard. Follow these complete instructions for cleaning your night guard and it should stay in great shape.

Cleaning:

- Each time you wear your night guard you should rinse with warm water as soon as you remove it from your mouth. This will remove any debris and loosen and plaque that is stuck to it at nighttime.
- After rinsing, give your night guard a light brush with your normal toothbrush.
- DO NOT SOAK
- Note: You do not need to use toothpaste to brush, toothpaste can be abrasive, it may scratch your night guard and cause it to wear out quickly.

Always store your night guard in a case:

- When you are not wearing it, please store it in case.
- Be careful not to store it anywhere subject to extreme heat or cold temperatures.
- Be aware that pets love new chew toys so please keep away from your furry friends.
- Night guards will have a varying durability depending on a few factors. A night guard will have an average lifespan of 5 years, but depending upon the wear, it can need replacing in a year or so.

Should you have any questions, please call us: 905-709-3888