

Dental nightguards are an effective, non-invasive treatment for a condition called bruxism, or teeth grinding/clenching. A custom-fit oral nightguard will provide the best comfort and protection available.

Nightguards, also called bite splints, prevent the surfaces of your teeth from grinding together, causing you to chip and crack your teeth and strain your jaw muscles. Nightguards are designed to fit over either your top or bottom teeth and are fabricated out of a material most appropriate for your level of clenching/grinding.

You may experience an initial adjustment period to your new nightguard. If you experience prolonged discomfort, if the guard falls out regularly during use, or if you experience increased jaw joint (TMJ) pain, contact your dentist for fit reevaluation.

Contact your dentist for repair or replacement should your teeth wear through the nightguard. Do not use a broken nightguard as this may increase the risk of tooth damage or unintentionally swallowing the nightguard.

While your custom nightguard provides excellent protection of your teeth, it may not completely relieve jaw pain and will not protect your teeth against daytime clenching/grinding, when the nightguard is not in use.

Care Instructions: (See Attached)

- Always transport the nightguard in a sturdy container with vents
- Never leave the nightguard in the sun or in hot water
- Ensure that your nightguard is out of reach of pets

Please bring your nightguard to all dental appointments, so it can be professionally cleaned and evaluated for adequate fit and quality.

**Daily Care (After Each Use):**

1. Rinse Immediately: Rinse under lukewarm water to remove saliva and debris.
2. Brush Gently: Use a soft toothbrush and clear, mild liquid soap. (**Avoid toothpaste-it's abrasive.**)
3. Rinse Again: Rinse off all soap thoroughly with cool or lukewarm water.
4. Dry Completely: Air dry completely on a clean surface before storing.
5. Store Properly: Use a ventilated case to keep it dry and prevent bacteria growth. (Avoid airtight containers.)

**Weekly Deep Cleaning (1-2 Times/Week):**

**Option 1:** Denture/Retainer Cleaner: Soak for 10-15 minutes (follow product instructions). Rinse and dry completely.

**Option 2:** Vinegar & Hydrogen Peroxide: Soak in white vinegar for 30 minutes. Rinse, then soak in hydrogen peroxide for 30 minutes. Rinse and dry thoroughly.

**Option 3:** Baking Soda Paste: Mix baking soda and water to form a paste. Brush gently, rinse thoroughly, and air dry.

**Avoid:**

- Hot water - may warp the guard.
- Toothpaste or colored soaps - can scratch or stain.
- Alcohol-based mouthwash - may damage the material.

## Dental Night Guards

**Recommended Products:**

Cleaners: Retainer Brite, Efferdent (alcohol-free), Smile Saver Spray- Storage: Ventilated guard case (clean regularly)