



## **Occlusal Guard (Nightguard) Care**

Your new occlusal guard (nightguard) is ready to use! It may take several days to get used to wearing your occlusal guard. It is important to try to wear it every night.

### **Wearing your occlusal guard**

We recommend you wear your occlusal guard every night. It is best to put your guard in after brushing your teeth. It is not recommended to eat anything with your guard in or to drink anything other than water with it in.

Your occlusal guard has thermodynamic properties. Heat your appliance up by running it under hot water for 20-30 seconds before putting it in your mouth.

### **Cleaning**

We recommend that you clean your occlusal guard by using warm (not hot) water and soap to remove any remaining saliva and any debris from the appliance.

Periodically, you can use a mild over-the-counter cleaning agent designed for oral devices. If needed, use a soft bristle brush to clean the inside of your occlusal guard. Some recommended cleaners include: Dawn dish soap, Polident, Efferent, 3% peroxide solution, 15% bleach solution and mouthwash.

### **Cautions:**

- DO NOT SOAK your occlusal guard in any liquid for more than one hour.
- DO NOT use any abrasive cleaning agents (i.e. toothpaste) as it can shorten the lifespan of your occlusal guard.
- Use fresh cleaning solution each time. Rinse your occlusal guard well prior to use.
- DO NOT SOAK your occlusal guard in hot water as it can warp your guard.