

## NIGHT GUARD

### CLEANING NIGHT GUARD TRAYS

- Step 1: Remove your night guard trays and rinse them under cold water.
- Step 2: Place a small dab of hand soap or dishwashing soap on your toothbrush and gently rub the bristles against the night guards. You should do this every morning after you remove your night guard trays.
- Step 3: Fill a shallow container with water.
- Step 4: Drop a denture cleaning tablet into the container and let it fully dissolve into the water.
- Step 5: Place your night guard trays into the solution. Soak the trays there for at least 10 to 15 minutes.
- Step 6: Use your toothbrush to scrub any remaining residue off the trays.
- Step 7: Remove the trays from the container and rinse them.
- Step 8: Air dry only. No direct sunlight. Do not leave the night guard anywhere near hot surfaces.

### PURPOSE

The purpose of your night guard is to prevent bone loss, tooth wear, and sensitivity caused by clenching and grinding. It is very important that you wear it every night. With proper care it should last many years. Keeping your night guard moist prevents drying and cracking of the hard, acrylic material. Brush it with toothpaste every morning and store it in your case with fresh water during the day. At least once a week use a denture cleaning tablet (Polident or Efferdent) during the daily soak to maintain freshness. While traveling, wrap your guard in a wet paper towel or moist sponge to avoid spillage and keep it moist.

Bring your night guard to your maintenance appointments and we will put it through the ultrasonic cleaner.

### **KEEP IN MIND...**

- DO NOT: use hot water, store in hot temperature rooms, boil trays, soak trays in bleach or mouthwash
- Continue to brush twice a day and floss daily, as well as any other oral hygiene aids that are recommended by your dentist Dr. Virginia Ipapo.
- Remember to bring your trays to your next dental appointment.
- Please contact us if you have any questions or concerns.