

# Caring For Your New Night Guard/Bruxism Splint



Night guards are a valuable tool when it comes to protecting your teeth from the harsh effects of grinding and/or clenching. It is important that your new appliance is cared for properly so that it can continue protecting your teeth for as long as possible. Follow these instructions for the care and use of your night guard and it should stay in great shape for many years to come!

## Wearing Your Night Guard

- ✓ Before placing the night guard in your mouth, run it under warm water to make the thermoplastic material more flexible.
- ✓ **DO NOT** bite the appliance into place. You risk accidentally jarring a tooth and this can cause trauma to your teeth and tissues. Instead, place it in your mouth in the correct position and use your thumbs to push it into place.
- ✓ Your night guard should be worn all night. You may start by wearing it for a few hours at a time and gradually work up to wearing it for a full night.
- ✓ To remove it, use both hands and put your fingernails on the edge of the appliance on both sides and pull with equal pressure.

## Cleaning and Storage

- ✓ In the morning, clean your appliance with warm water and soap and the provided brush and rinse well. Do not use toothpaste or a mouth rinse with alcohol as they can cause tiny scratches in the thermoplastic material. This can cause your night guard to discolour and develop smells prematurely.
- ✓ Store your appliance in the provided case when it is not in use.
- ✓ You can give your appliance a deeper clean with Retainer Brite cleaning tablets!
- ✓ **DO NOT** clean your appliance in boiling water. This can cause it to warp and affect the fit.
- ✓ **DO NOT** soak your appliance in mouthwash, denture cleaner, or place it in direct sunlight.

## Care and Maintenance

- ✓ Dogs love the smell of dental appliances and they will chew on them and ruin them if they can get a hold of them!
- ✓ Regularly check the condition of your night guard. Cracks or perforations can irritate your teeth and mouth tissues.
- ✓ **DO NOT** wrap your night guard in tissue or paper towel. It may be mistaken for trash and accidentally discarded.
- ✓ Be sure to visit your dentist regularly to have your appliance checked and adjusted if needed.



If you have any questions about your appliance, please do not hesitate to give the office a call at 306-525-2577 or send us an email at [reception@courtsidedental.ca](mailto:reception@courtsidedental.ca).