

NIGHT GUARD INSTRUCTIONS

Tips for the use of a night guard

- Before the night guard is placed in the mouth, it should be softened for a few minutes under hot water.
- On the first use, it is normal that it may feel a little uncomfortable, it is a feeling that will disappear with use. There is no danger to bite into the night guard; it is designed to withstand very large forces.
- Normally, the night guard does not cause jaw pain. If this is the case, you should contact your dentist so they can verify and adjust it.
- When the night guard is not in the mouth, it is important to put it in a dry container. DO NOT submerge it in liquid for an extended period of time.
- Brush the night guard daily with mild soap. DO NOT use toothpaste, mouthwash or alcohol.
- Once a month, it is advisable to soak the night guard for 15 minutes in a night guard cleanser (e.g. Polident Retainers Daily Cleanser). This helps to remove any tartar deposits that can accumulate.
- The life span of the night guard is normally based on the severity of the patient's bruxism. It is recommended to change the night guard once it has been perforated. Patients who are "big bruxers" manage to perforate the night guard in a few years or even in a few months. It is unbelievable to imagine what their teeth would look like in the absence of a night guard.

