

Nightguard Home Care Instructions

Nightguards are valuable tools for protecting your teeth from the effects of grinding or clenching your teeth. It is important to care for your nightguard properly so that it stays clean and you can continue protecting your teeth for as long as possible! Here are some important tips:

- Rinse and brush your nightguard after each use. Warm soapy water is the best, as some toothpastes can be abrasive. It is okay to use a regular toothbrush or a denture brush.
- Store your nightguard in a clean container, with a wet paper towel.
- DO NOT soak your nightguard in mouthwash, denture cleanser, hot water, or place in direct sunlight.

Remember you should hit evenly where your teeth come into contact with your nightguard. If your bite becomes uneven, please call us for an adjustment appointment at (619) 463-3773.