

How to Properly Care for Your Night Guard

Night guards are a valuable tool for protecting your teeth from grinding or clenching. To ensure your night guard continues to protect your teeth for years to come, it's important to care for it properly. Follow these steps as part of your daily routine:

1. **Rinse After Wearing**

Each time you remove your night guard, rinse it with warm water to remove debris and loosen any plaque.

2. **Brush Lightly with a Toothbrush**

After rinsing, gently brush your night guard with a toothbrush. You can use your regular toothbrush or a separate one just for the guard. Avoid toothpaste, as it can be abrasive and may scratch or cloud the guard. Instead, use dish soap as a gentle cleanser.

3. **Dry Completely**

Allow your night guard to dry completely on a clean, flat surface to prevent bacterial growth. It should dry within 15-30 minutes.

4. **Store in a Case**

Always store your night guard in its case when not in use. Avoid keeping it in the bathroom, as humidity can warp the material. Instead, store it in a dry, cool place, like your bedroom. Also, keep it out of reach of pets, as they may mistake it for a chew toy.

5. **Deep Clean Monthly**

Deep clean your night guard once a month using a non-abrasive denture cleaner or a mixture of vinegar and hydrogen peroxide:

- Soak in white vinegar for 30 minutes, rinse, then soak in hydrogen peroxide for another 30 minutes. Rinse again and allow it to dry.

Tip: Bring your night guard to your hygiene appointments for ultrasonic cleaning and inspection.

6. **Pro Tip: Avoid Soaking for Too Long**

Don't soak your night guard for more than one hour, as prolonged exposure to liquid can damage or stain it. Avoid liquids containing alcohol, such as mouthwash.

7. **Keep the Case Clean**

Clean your night guard case every few days with dish soap. Avoid placing it in the dishwasher, as high temperatures can warp the plastic.

How Long Should My Night Guard Last?

Night guards typically last around five years, but depending on wear, they may need replacement in as little as one year. If you have any questions, don't hesitate to call us at **978-468-4411**.