



📞 (510)792-7888
✉️ info@fremont.dental

46921 Warm Springs Blvd.
Suite #203 Fremont, CA 94539

Taking Care of Your Night Guard

A Few Words of Advice:

1. When your night guard is not in your mouth, put it in its case.
2. Avoid dropping your night guard into a pocket or purse – the night guard can be damaged.
3. Never wrap your night guard in a napkin – it's too easy to throw away.
4. Keep your night guard out of the reach of pets – dogs in particular seem to be attracted to night guards and can quickly chew them into a state of uselessness.
5. Avoid heat – your night guard can become deformed if it's left on a heater, hot stove, or in a hot car.
6. Rinse/wash your night guard before and after each use and/or after the use of an effervescent cleanser.
7. Always air dry in a cool, clean spot before storing.

How to clean your Night Guard:

Please rinse your night guard and wash with hand soap every time you remove it from your mouth. This removes all the saliva daily and keeps any build-up to a minimal. Once a week, try to do an in-depth cleaning with denture cleaner by soaking it for at least 20 minutes.

*Things you **NEVER** do to clean your night guard

- DO NOT use toothpaste or anything abrasive; it will scratch your night guard.
- DO NOT soak your night guard in HOT/boiling water or run it through the dishwasher; it can melt it and distort it.
- NEVER soak your night guard in mouth wash, rubbing alcohol, or bleach; the chemical will distort it.