How to Wear and Care for Your Night Guard

Your night guard was made to protect your teeth while you sleep.
A little care each day will help keep it comfortable, clean, and working properly.

Before Wearing Your Night Guard

Soak your night guard in hot water for 30 to 60 seconds before placing it in your mouth.

The material is thermoplastic, which means it becomes slightly softer and more flexible with heat. This makes it easier and more comfortable to place at first. Over time, your night guard will become easier to insert, and you may not need to use hot water every night.

Wearing Your Night Guard

Your night guard should be worn all night.

If you find it difficult to adjust at first, you can start by wearing it for a few hours each day. Then gradually work up to wearing it for a full night, every night.

How to Seat Your Night Guard

Use your fingers to gently place the night guard in your mouth.

Do not bite your night guard into place. Biting it into place could damage, crack, or warp the night guard.

Keeping Your Night Guard Clean After Each Use

Rinse your night guard with water immediately after wearing it to remove debris and plaque.

Clean it with mild dish soap and a soft-bristled toothbrush.

Avoid cleaning it with toothpaste, as toothpaste can be abrasive and may damage the material.

Allow it to dry completely before storing it in its case.

Store it in a safe place.

Do not wrap it in a napkin or paper towel, as it could accidentally be thrown away.

What to Avoid

Do not soak your night guard in any liquid, including:

- Mouthwash
- Denture cleanser
- Cleaning solutions
- Hot water for long periods of time

A brief 30 to 60 second soak in hot water before wearing is okay. Long soaking is not recommended.

Keep the Case Clean

Your night guard case should be cleaned regularly, too.

Hand wash the case every few days with liquid dish detergent.

Allow it to dry completely before placing your night guard inside.
Keeping the case clean helps prevent bacteria growth. It is just as important to keep the case clean as it is to keep the night guard clean.

Bring It to Your Dental Appointments

Please bring your night guard with you to your dental appointments, especially if you are having restorative work such as a filling, crown, or other treatment.

We will also examine it during your regular cleaning appointments to check for wear and make sure it still fits correctly.

Important Pet Reminder

Dogs love night guards.

To a dog, a night guard can seem like a chew toy. Always keep your night guard out of reach of pets.

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