



#1120 2525 Mission Road
Courtenay BC V9N 9H1
250-897-8447
hello@northislanddental.ca

CARING FOR YOUR NIGHTGUARD

Night guards can be a valuable tool when it comes to protecting your teeth from the harsh effects of grinding or clenching. Now that you have a night guard, it's important that it's cared for properly so that it can continue protecting your teeth for as long as possible. Your daily oral health routine should include cleaning your night guard. Follow these complete instructions for cleaning your night guard and it should stay in great shape for years to come!

Rinse Immediately after Wearing

Each time you wear your night guard you should rinse it with warm water as soon as you remove it from your mouth. This will remove debris and loosen any plaque that is stuck to the night guard.

Brush the Night Guard with your Toothbrush

After rinsing, give your night guard a light brushing with your normal toothbrush. Some people prefer using a separate toothbrush just for their night guard, but it's okay if you want to use the toothbrush you use to brush your teeth daily. Note: You don't need to apply toothpaste to the brush. Since toothpaste can be abrasive, it may scratch your night guard and cause it to wear out more quickly. Dish soap or Castile soap is a good non-abrasive daily cleanser for your guard.

Lay your Night Guard on a Clean Surface and Allow it to Dry Completely

It's important to allow your night guard to dry completely before storing it, as to prevent rapid bacterial growth. Choose a clean, flat surface to allow your night guard to dry. Typically it should dry within 15-30 minutes.

Always Store Your Night Guard in a Case

When you are not wearing your night guard it is important that you keep it stored in a case. Many people store their night guard in their bathroom, but over time the steam and humidity in the bathroom can cause the night guard to warp. We recommend that you keep the night guard stored in your bedroom or on your nightstand instead. Be careful not to store your night guard anywhere subject to extreme hot or cold temperatures. Be aware that pets love new chew toys, please keep your night guards safely out of reach of your pets.

Deep Clean your Night Guard Monthly

Make a habit of deep cleaning your night guard as least once a month in the included Ultrasonic Cleaner.

Keep Your Case Clean

Cleaning your night guard can become a wasted effort if you put a clean night guard into a dirty case. Keep the case clean by following the manufacturer's instructions included in your Cordless Ultrasonic Cleaner . Avoid placing the case in the dishwasher as the high temperature may melt or warp the plastic. After washing, allow the case to dry as to prevent bacteria growth.

How Long Should My Night Guard Last?

Night Guards will have varying durability depending on a number of factors. A night guard will have an average lifespan of 5 years, but depending upon the wear, it can need replacement in just 1 year.

What should I do if my Night Guard feels loose?

If your night guard feels loose, soak it in a cup of warm water for a 5 minutes. Put in your night guard, and make a sucking gesture like you are sucking on a thick milkshake. Keep this up for 5 more minutes to ensure a better fit. If your nightguard still isn't fitting well, please email us at hello@northislanddental.ca or call us at 250-897-8447

What should I do if my Night Guard feels too tight?

If your night guard feels too tight, soak it in warm water for a few minutes. Put in your nightguard, and then take it out immediately. If your nightguard still isn't fitting well, please email us at hello@northislanddental.ca or call us at 250-897-8447

