



**Carrie K. York, DDS**

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## **Nightguard Care Instructions**

Getting used to a nightguard takes patience. The nightguard may feel enormous the first night of wear. Most often it takes two weeks of uninterrupted nighttime wear before the nightguard feels natural. If you experience any jaw or tooth pain, please notify us, as your nightguard may need an additional adjustment.

Keep your nightguard moist, we will send you home with a water-tight container to store your nightguard in. This container is especially helpful when you travel. When you remove the nightguard from your mouth in the morning, brush it, and place it in a container of clean water with a cleanser, such as Kleenite or Stain Away Plus (available at the drug store). Before inserting your nightguard, brush it with toothpaste and your toothbrush.

To avoid breakage or destruction keep your nightguard out of your dog's reach and avoid squeezing the ends of your nightguard together or storing it in your pocket.

Bring your nightguard with you when you have a preventative or restorative appointment at our office. We will clean, check the wear, smooth and polish any areas that need it, and make any necessary adjustments after restorations are completed.