

Young Smiles Family Dentistry

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Night Guard Instructions: Use and Care

Purpose of Your Night Guard

Your night guard is a custom appliance designed to protect your teeth and jaw from clenching or grinding, especially during sleep. Wearing it as recommended helps prevent tooth wear, fractures, jaw pain, and muscle tension.

Proper Use

- Wear your night guard exactly as **directed by your dentist**, typically every night.
- Always place the night guard on **clean teeth**.
- Gently seat it using your fingers; **avoid biting down** forcefully to fit it into place.
- Remove the night guard in the morning unless instructed otherwise.

Adjustment Period

- Mild pressure, increased saliva, or slight discomfort is normal during the first few nights.
- These symptoms usually improve as your mouth adjusts.
- If the night guard feels painful, loose, or difficult to keep in place after a few nights, contact our office.

Cleaning Instructions

- Rinse your night guard with **cool or lukewarm water** (not to exceed 45°C/113°F) before and after every use.
- Brush gently with a **soft toothbrush with mild hand soap**.
- Periodically, soak the night guard in a **dentist-approved cleaning solution** to maintain hygiene. **Any of the following cleaning agents can be used:** mild hand soap, dawn dish soap, Polident, Efferdent, 3% peroxide solution, mouthwash and any nonabrasive cleaner approved by dentist.
- **Avoid** toothpaste, whitening products, or harsh cleaning agents, as these can scratch or damage the appliance.
- **Dispose of** the cleaning solution after every use.

Storage

- Let your night guard **air dry completely** before storing it in its protective case.
- Keep it away from **heat, direct sunlight, and pets**.
- **Do not wrap** it in tissue or leave it loosely in a bag or pocket.

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What to Avoid

- Do not clean the night guard with hot water, as it may warp.
- Do not soak it in liquid for more than 1 hour.
- Avoid chewing on it or using it during meals unless instructed.
- Remove the appliance prior to eating for optimal performance.
- Do not drink hot liquid wearing the appliance.
- Never attempt to bend or adjust the night guard by yourself.
- Avoid exposing it to harsh chemicals or abrasive cleaners.

When to Contact the Office

- Call if the night guard **cracks, breaks, or becomes loose.**
- Call if it **causes pain, sores, or persistent discomfort.**
- Bring your night guard to regular dental visits for evaluation of fit and condition.