

NightGuard(NG) Instructions

1. Definitely wear it at night. Most people clench/grind more when they are sleeping. It may take up to 2 - 3 weeks to get used to it, so stick with it.
2. If you clench/grind during the day, you can wear it as much as you want during the day. But don't wear it when you're eating.
3. To keep it clean, rinse it under tap water every time you take it out, in order to clean your saliva off. Once a day brush it with a toothbrush and NO toothpaste. Toothpaste is abrasive and may scratch your NG.
4. The best way to clean your NG is to use an ultrasonic jewelry cleaner daily. These can be found fairly inexpensive online. We just suggest not putting jewelry in the same cleaner you use for your NG.
5. Once or twice a week you can put it in mouthwash to freshen it up, if you want. Try and use clear mouthwash (the NG will pick up dye from mouthwash and change colors). Only leave it in the mouthwash for 10 minutes or less, because much longer and it could damage the material.
6. When you come to see us for cleanings, bring your NG with you, because we have a special machine to clean off the NGs.
7. Dogs love to chew NGs up, so keep it away from dogs.
8. When you first get your NG, it should feel balanced between right and left when you bite down. Some chronic clenchers/grinders can cause jaw muscle changes. Your NG is designed to help prevent this and potentially reverse it. If you notice a change when you bite on the NG later, please bring it back so we can make adjustments for the muscles going back to a more normal position.
9. Your NG is designed to handle your body temp, but not really high or low temps. Don't leave it in the car on a hot day, or wash it in the dishwasher, or leave it in the freezer, etc.
10. Your NG will act like a retainer as long as you wear it regularly. Teeth have a tendency to try to shift over time, so if you go weeks or months without use, your NG may be really tight or no longer fit.