



INSTRUCTION FOR THE USE AND CARE OF YOUR NIGHTGUARD

Wearing a night guard is the ideal treatment to lessen the impact of grinding or clenching of your jaw at night time. Wearing your night guard every night when possible is essential, and presents many benefits.

Wearing your night guard

- In order for your brain to get used to having your night guard in your mouth, you must train your brain to slowly get used to it.
- To make this process easier it is best to wear the night guard for 30 minutes during the day on the first day of use.
- The next day, aim to wear it for 1 hour during the day time.
- Slowly increase wearing the night guard to 1 hour and 30 minutes, then to 2 hours the following day.
- By the 5th day, please wear the night guard just before going to bed for a few hours.
- The next night, please wear it to bed. Generally on the first night half of a night is enough.
- The next night, please try to wear it all night while you sleep. It is important to get used to it slowly.
- For the first 12 months it is essential to wear your night guard every night.

Cleaning and maintaining your night guard

- In the morning, take out your night guard and rinse it with **cold water**. Please do **not to use warm water** or night guard can change the shape and it will not fit.
- With a plain tooth brush and cold water, rinse the fitting surface of night guard. Do not use any other methods of sterilizing or else the guard can change the shape and may not fit properly.
- Using a soak cleanser such as Polident monthly will also keep your night guard clean
- When you are not wearing your night guard, place it in a little bit of cold water to avoid warping or bacteria build up.
- Always rinse and clean your night guard after use to prevent deposits building up on the night guard.