

Caring for Your Night Guard

Custom Night Guard / Occlusal Splint — Take-Home Instructions

A buildup of bacteria on your night guard can cause bad odor, gum irritation, and cavities, and it shortens how long the appliance lasts. The routine below takes less than a minute or two a day.

Every Morning

- Rinse under cool or lukewarm water immediately after wear — never hot.
- Brush gently with a soft toothbrush and cool water; a little mild liquid hand soap or dish soap works well.
- Rinse again and let it fully air-dry before putting it away.

Storage

Keep it in its ventilated case, dry when not soaking — never in a napkin, tissue, or loose in a bag, and out of reach of pets.

Deeper Clean, 1–2x a Week

Soak in a denture/retainer cleanser tablet (e.g. Polident or Corega) in cool water for the package's recommended time, then rinse thoroughly. An ultrasonic cleaner is also a safe, effective option.

Before Inserting Each Night

Brush and floss your own teeth first, so you're not sealing plaque against your teeth for hours.

Signs It Needs Replacing

Visible cracks, a rough or thin surface, a looser fit than before, or persistent odor/discoloration that cleaning doesn't resolve.

■ Never use

Regular or whitening toothpaste for scrubbing — scratches the surface.

Hot/boiling water, the dishwasher, or the microwave (unless specifically told it's safe for your appliance).

Bleach or alcohol-based/colored mouthwash as a routine soak.