DIGNITY DENTAL PRACTICE
Family & Cosmetic Dentistry

Night Guard / Bruxism Appliance Care

A custom night guard helps protect teeth and restorations from the forces of grinding or clenching. Consistent use and proper cleaning help it stay comfortable and effective.

WEAR AS DIRECTED	CLEAN IT DAILY	KEEP IT COOL
Use your appliance on the schedule recommended.	Rinse and clean after each use.	Heat can warp many dental appliances.

Every Morning

- Remove the night guard carefully and rinse it with cool or lukewarm water.
- Clean it with a soft toothbrush and the cleaning method recommended for your appliance.
- Allow it to dry as appropriate, then store it in its ventilated case.

Protect the Appliance

- Do not use boiling or very hot water.
- Keep it in its case and away from pets.
- Do not bend, trim, grind, or adjust the appliance yourself.

Call Dignity Dental Practice If

- The night guard cracks, breaks, becomes loose, or no longer seats completely.
- You develop new tooth pain, gum irritation, jaw pain, or a bite change that does not settle after removing it.
- You are grinding through or wearing the appliance significantly.

Bring your night guard to dental checkups. We can inspect its fit, wear, cleanliness, and make sure it still fits after new dental work.

Questions or concerns?
Call Dignity Dental Practice at (209) 957-1244.

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