

## **Tips for the user of a night guard**

- 1) Before the night guard is placed in the mouth, it should be softened for a few minutes under hot water.
- 2) On the first use, it is normal that it may feel a little uncomfortable, it is a feeling that will disappear with use. There is no danger to bite into the night guard; it is designed to withstand very large forces.
- 3) Normally, the night guard does not cause jaw pain. If this is the case, you should contact your dentist so they can verify and adjust it.
- 4) When the night guard is not in the mouth, it is important to put it in a container with water. If it is dry, there is a risk of deformation, and thus make it unstable.
- 5) Regular maintenance of the night guard includes brushing it daily with mild soap/toothpaste. (Poligrip Retainer Cleanser).
- 6) Once a week, it is advisable to soak the night guard for 2 hours in a solution of 50% water and 50% household vinegar. This helps to remove any tartar deposits that can accumulate.

The life span of the night guard is normally based on the severity of the patient's bruxism. It is recommended to change the night guard once it has been pierced. Patient's who are "big bruxers" manage to pierce the night guard in a few years or even in a few month's. It is unbelievable to imagine what their teeth would look like in the absence of a night guard.