



## **Night Guard Instructions**

1. Before use, the night guard should be softened. A few minutes under hot water are usually sufficient.
2. When first used, it is normal to find the night guard thick. This sensation will disappear with use. There is no danger in biting into the night guard; it is designed to withstand great forces.
3. Normally, the night guard does not cause joint pain. If, however, you feel any discomfort, please consult us to verify if adjustment is needed.
4. It is important to store it in a container with water. Dryness may risk a deformation, making it unusable.
5. Regular maintenance consists of daily brushing with a liquid dish soap.
6. Once a month, it is recommended to soak the night guard for 2 hours in a solution of 50% water/ 50% table vinegar. This will help remove limestone deposits that can accumulate on the mouth guard.

The lifespan of a night guard normally depends on the amplitude of the patient's bruxism. It is recommended that the guard be changed once it has been pierced. For most patients, such wear takes several years. However, people that have a strong clench will be able to pierce the plate in a few years or even months. It is relevant to imagine what their teeth would look like in the absence of occlusal night guard.