

# 3D PRINTED NIGHTGUARD – PATIENT CLEAN & CARE INSTRUCTIONS

## **Daily Cleaning**

1. Clean your appliance daily, before and after every use.
2. Before use, rinse the nightguard in warm water (not to exceed 110F).
3. After use, rinse the nightguard in warm water (not to exceed 110F) to remove debris from the guard.
4. Ensure the guard is dry before returning it to the provided protective case when not in use. A dry appliance helps to prevent bacterial growth.

## **Weekly Deep Cleaning**

1. Deep cleaning is recommended once per week.
2. Use mild cleaning products recommended or designed for oral devices. This may include such things as denture cleaner (i.e. Polident or Efferdent) and mouthwash. Dispose of cleaning solutions after each use.
3. If needed, use a soft bristle toothbrush to clean the inside of the nightguard for more targeted debris removal.
4. Rinse nightguard in warm water (not to exceed 110F) before your next use.

## **Precautions**

1. DO NOT soak your appliance in liquid for more than 1 hour.
2. DO NOT use abrasive cleaning agents, such as toothpaste. This can shorten the life of your nightguard.
3. DO NOT soak your appliance in water hotter than 110F, as warping may occur.
4. DO NOT eat or drink with the appliance, and in particular avoid hot liquids (i.e. coffee).

*This nightguard has been designed especially for you, and designed for optimal comfort. Wear your nightguard as your doctor prescribes. Maintain regular dental appointments, and let your doctor know if you are experiencing any discomfort, pressure, or pain. If you have any dental work done, please confirm the fit of this nightguard with your doctor prior to continued use.*