

# Danforth Dental Care

Dr. Maureen Fenn BSc,DDS

1411 Danforth Avenue, Toronto ON M4J 1N2 (416) 469-2454

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## Use & Care Instructions for Night guards

All night guards can be adjusted as needed at no additional fee for the first 3 months. Our team is dedicated to providing exceptional patient care. Here are some tips to help ensure proper use and to avoid damaging your Night guard.

### Night guard insertion:

- Wash your hands with soap and water.
- Brush your teeth and night guard before inserting it.
- Using hot water from the tap can make your night guard more flexible. Never use boiling water as it will deform your night guard.
- When inserting your night guard gently push the night guard over the teeth. Then apply equal pressure using your fingertips, to the tops of your left and right molars until the night guard snaps into place.
- DO NOT BITE your night guard into position. This could damage it.

### Night guard removal:

- Using your fingertips, lift the edge of the night guard off the back teeth and gradually work your way forward, gently pulling to remove the night guard.
- Rinse the night guard with water.

### Daily Care and Maintenance of your Night guard:

- Clean your night guard with a bristled brush (no toothpaste) and lukewarm water every morning.
- You can use liquid hand soap or liquid dish soap. DO NOT use toothpaste because it might scratch the night guard surface.
- Store your night guard in a water tight container (Tupperware) submerged in 3% hydrogen peroxide. This solution can be used for 1 week. After 1 week rinse out the solution, clean the container and replenish the hydrogen peroxide solution.
- Rinse the night guard before placing it in your mouth
- Hydrogen peroxide can be purchased as a 3% solution at the drug store. This solution will help control stain and bacterial growth on your night guard.
- If you notice your night guard is becoming stained, you can purchase night guard cleaning tablets from the drugstore. Follow the instructions on the label.

### Proper Oral Hygiene:

- Brush and floss prior to re-inserting the night guard. Keeping a clean night guard on clean teeth prevents an increased risk of cavities.
- Regular cleanings and check-ups with your dentist are recommended.