



Your new night guard is 3D printed. Here's how to take care of it.

Congratulations on your new night guard!

Did you know that your dentist used cutting-edge 3D printing technology to make it right in their office? Seriously cool.

Now that you have your night guard, let's make sure you know how to care for it properly so it can continue protecting your smile for as long as possible.



Storing your Night Guard

Keep your night guard securely stored in its case when you're not using it. We love dogs, but dogs love to eat night guards, so store yours out of reach. Don't leave it in the sun or in a hot car. We don't recommend storing your guard in the bathroom due to the steam and heat from your shower.



Periodic Deep Clean

You'll want to give your guard a good soak every now and then to really disinfect and clean it. We recommend over-the-counter oral device cleaning agents. Denture tablets work great for this, but you can also use mouthwash or a diluted peroxide solution. Leave your guard in the solution for 30-60 minutes, but no longer.



Don't leave your guard soaking in any liquid for more than 60 minutes.

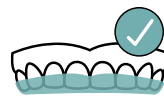


Clean your Guard Every Day

When you wake up, remove your night guard and clean it with a toothbrush and a touch of dish soap, then store it in its protective container. Once a week, give the storage container a thorough rinse in soapy water to get rid of any bacteria.



Don't use toothpaste to clean your guard! It's abrasive and shortens its lifespan.



Things Change - Your Guard is Flexible

Our teeth and bite can change a lot over the course of our lifetimes. Bring your night guard to all your dental appointments so that the fit can be checked and adjusted if necessary. As always, if you have any questions, please contact your dental care provider.



Don't soak your guard in water hotter than 115°.