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## HOME CARE OF YOUR NIGHTGUARD

You will receive the most benefit from your Nightguard appliance if you wear it every night. Keeping it clean and free from deposit buildup will also help to prevent caries and maintain your fresh breath.

1. Upon removal of the appliance in the morning, wash the nightguard with soapy water and rinse thoroughly. Then let it air dry in a container.
2. At least once a week soak it in an enzymatic denture cleanser by following the specific directions for that cleaner, and brush especially the tooth side of the appliance to remove any debris. Some examples of denture cleansers are:

Efferdent  
Polident  
Mersene

3. Avoid soaking the appliance in Listerine or other stringent mouthwashes as they may effect the smooth surface of the plastic or change its color.
4. If you experience increasing tension or tenderness of your chewing muscles or TMJ, please call our office immediately for an adjustment.