

**APPLIANCE CARE**

# Your Night Guard & Bite Splint

Getting comfortable & keeping it clean

A custom night guard or bite splint cushions your bite and eases the clenching and grinding behind jaw pain and TMD. It may feel bulky for the first few nights and make you salivate a little more — that's normal, and most people adjust within a week or two.

**✓ Do**

- ✓ Wear it every night — or exactly as your doctor directs; consistency is what protects your teeth and jaw.
- ✓ Rinse it under cool water before and after each use.
- ✓ Brush it gently with a soft toothbrush and a little hand soap — skip toothpaste, which is too abrasive — then let it air-dry completely.
- ✓ Store it dry in its ventilated case, away from heat.
- ✓ Deep-clean weekly: soak in a denture/retainer cleaner or a 1:1 water-white-vinegar mix, then rinse well.
- ✓ Bring it to your checkups so we can check the fit.

**✗ Avoid**

- ✗ No hot or boiling water, dishwashers, or direct sunlight — heat warps the fit.
- ✗ Skip toothpaste, bleach, alcohol, and harsh cleaners that scratch or weaken the material.
- ✗ Don't eat or drink anything but water while wearing it.
- ✗ Don't chew on or fidget with the guard — and keep it away from pets, who love to chew them.
- ✗ Never force it into place; if it won't seat easily or feels off, call us.

**📞 Call us if...**

Clenching, jaw pain, or headaches don't ease after a few weeks · the guard cracks, warps, or stops fitting · it causes tooth pain, sore spots, or a change in your bite · you notice new clicking, popping, or locking of the jaw.