



Post-Operative Care for Night Guard Use

A night guard helps protect your teeth from grinding (bruxism) and clenching while you sleep. Proper care and adjustment are essential for comfort and effectiveness.

1. Getting Used to Your Night Guard

- It may take a few nights to adjust. Wear it consistently to get accustomed to the feeling.
- If discomfort persists after a week, contact your dentist for possible adjustments.

2. Cleaning and Maintenance

- Rinse the night guard with cool or lukewarm water after each use. Avoid hot water, as it can warp the material.
- Brush it gently with a soft toothbrush and mild soap or non-abrasive toothpaste. Avoid harsh cleaners.
- Soak it in a denture or night guard cleaner a few times a week to keep it fresh.
- Store it in a ventilated case when not in use to prevent bacteria buildup.

3. Avoiding Damage

- Do not chew on your night guard.
- Keep it away from pets, as they may chew or damage it.
- Bring it to your recare visits for adjustments and to ensure it still fits properly.

4. Managing Discomfort

- Mild soreness in the jaw or teeth is normal at first but should improve over time.
- If you experience significant pain, headaches, or bite changes, consult your dentist for adjustments.

5. When to Replace It

- Over time, night guards can wear down or lose their fit.
- If it becomes loose, cracked, or uncomfortable, ask your dentist if it needs replacement.

Consistent use and proper care of your night guard will help protect your teeth and relieve strain from clenching or grinding.