

## Bite guard Care Instructions

You have been diagnosed with Nocturnal Bruxism, and today you have received your bite guard. Nocturnal Bruxism is a genetic sleeping pattern that you will always need to be aware of, it will never go away and stress can make it worse. You should wear your bite guard **every night** to help protect your teeth and your temporomandibular joint. Caring for your bite guard properly is important. They are time-consuming and costly to make, and we want you to benefit from it for as long as possible.

- Keep in mind, **bite guards are commonly left in motel rooms**. Try not to make that mistake.
- Dogs LOVE bite guards and will eat them if you allow it! **Keep your bite guard in a place your dog can't get to it.**
- **Avoid exposing your bite guard to excessive heat** (don't leave in a hot car).
- **Always keep your bite guard moist** with a small amount of water in the case. If traveling, place it in a ziplock-type bag with a few drops of water.
- **Never soak it in mouthwash that contains alcohol.**
- **Soak it during the day in a denture cleaning solution, an effervescent tab**
- If your bite guard starts to turn brown or discolor, you can soak it in a 1:20 ratio of bleach and water every day for one week. (This is also a good idea if you have a cold or sickness of some kind.) You can also soak it in a 1:3 ratio of vinegar and water.
- **Always bring your bite guard to future dental appointments.** That way, we can ensure that it still fits properly after any dental work that you have done.

If your teeth have been orthodontically treated, your bite guard will also act as a retainer. Your bite guard should feel tight and be hard to get out. If it should feel tight on one particular tooth or feel like it's too hard for you to remove from your mouth, please let us know.