

Night Guard Guidelines

Below you will find a few of Dr. LaVecchia's guidelines to help you properly care for and maintain your custom night guard. Following these tips will keep your dental appliance in good shape for a long time.

- **Allow for a two week adjustment period.** It will take a few nights to get used to the appliance, as Dr. LaVecchia says, "nobody likes it the first night". It is normal over the course of the first few days to find that you have taken your appliance out in the middle of the night. Commonly you will find it on your night stand, under your pillow or perhaps even across the room.
- **Dogs love dental appliances!** A dog will equate the smell of human saliva to food, so we often have patients come into our office saying, "My dog ate the night guard." Keep your night guard out of your dog's reach, as they can cause severe damage to the appliance.
- **Be careful on the road.** When traveling, be aware of where you place your night guard. The number one reason patients give for needing a new nightguard: "I lost it when I was on travel."
- **A clean appliance is a happy appliance.** When you wake up in the morning, there are three different ways to keep your night guard clean:
 - Rinse with soap and water, dry it and store in cool place.
 - Brush it thoroughly with your toothbrush and then drop it into a Tupperware container that contains the mouthwash* of your choice. Leave it submerged until your next use. (*mouth wash will stain the night guard to the color of the solution.)
 - **Dr.L's preferred method:** Brush it thoroughly with your toothbrush, and then drop it into a Tupperware container that contains a solution of tap water with a few drops of bleach (think swimming pool water, not laundry water) let the night guard soak in the solution until next use. Make sure to re-brush and rinse it well before you put it back in your mouth.
- **There should be no exposure to heat.** High temperatures can cause the material to distort therefore it is not recommended that you submerge your night guard in BOILING water to clean it or try to run your night guard through your dishwasher.
- **Bring it to your appointments!!** We are always happy to run your dental appliance(s) through our ultrasonic cleaning devices. Bring it to your cleaning appointment and we will clean it for no additional charge. We are also happy to make any adjustments you may need to make your appliance more comfortable for you, also at no additional charge. If you want the adjustment made and you don't have an appointment, just give us a call and we'll find a time to fit you in. We want you to wear this!
- **Final piece of advice from Dr. LaVecchia:** Your night guard is most effective when you wear it!!