



BUI FAMILY DENTISTRY

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INSTRUCTIONS FOR NIGHT GUARDS

Night guards are a prosthetic appliance. They require time and practice to adapt to daily functions such as sleeping. As your mouth changes over time, the fit of your night guard may change, and adjustments or replacements may be needed.

Soreness – Mild discomfort is initially common and should improve. However, if sore spots persist, **please call the office**. A new appliance does not need to be worn for long periods on consecutive nights; wear it gradually as tolerated. The goal is to wear it every night during sleep.

Oral Hygiene:

- Continue normal homecare procedures (including flossing) for the rest of your mouth.
- **Brush** night guard using a soft liquid soap (such as hand soap or dish soap). Do not use hot/boiling water, bleach, or abrasive cleaners (like toothpaste).
- Twice a week, **soak** night guard in water or a denture cleaning solution then air dry.
- Clean it daily. Always store it in its designated case.

Routine Maintenance Every 6 Months – Bring your night guard to exams, cleanings, and any treatment appointments.

Please call the office for:

- Jaw pain, headaches, or tooth sensitivity

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Your Forever Dental Home