



#### **AT HOME CARE FOR NIGHTGUARDS**

1. Use cool water and a toothbrush, (no toothpaste), to clean
2. No harsh materials are to be used on the appliance, (i.e., baking soda, isopropyl alcohol, hydrogen peroxide, or toothpaste). You run the risk of wearing down the material. You can use soft hand soap with warm water (not hot) to clean the appliance.
3. Always bring your nightguard to your dental appointments. We have a professional cleaner that we can use on your appliance.
4. There are SOME appliances that you can use a denture cleaner on BUT please ask us first if your appliance is one that can withstand that type of cleaner.