

GuardPro™ Night Guards and Bite Splints

Patient Care
Instructions (Applicable
Materials: GuardPro™
Night Guards,
GuardPro™ Bite
Splints)



TO KEEP YOUR NIGHT GUARD OR BITE SPLINT CLEAN AND IN GOOD CONDITION, FOLLOW THESE SIMPLE CLEANING INSTRUCTIONS:

Cleaning Process:

- Use warm water, a soft-bristle toothbrush, and toothpaste to clean.
- Gently brush all surfaces, including the teeth and gums, to remove food particles, plaque, and stains.
- Avoid using toothpaste with abrasive or whitening agents.

Rinsing:

- After brushing, thoroughly rinse with lukewarm water to remove any remaining toothpaste or debris.
- Ensure that all traces of toothpaste are removed, as they can leave a residue or affect the taste of food.
- Do not boil or expose to hot water as it may warp or cause changes in fit and function.

Drying:

- It is important to dry after cleaning.
- Use a clean towel or cloth to gently pat dry the night guard or bite splint, removing any excess moisture.
- Avoid leaving in a wet or damp environment, as this can promote the growth of bacteria or cause distortion.

Avoid Soaking in Liquid:

- After cleaning and drying, it is recommended not to soak the night guard or bite splint in any liquid.

- Soaking the night guard or bite splint in liquid for an extended period can affect its shape, fit, or composition.
- Instead, store the appliance in a clean, dry, and non-air-tight container or case when not in use.

By following these cleaning instructions, you can help maintain the cleanliness and longevity of your night guard or bite splint. Regular and proper cleaning is essential for oral hygiene and ensuring the comfort and functionality of your appliance. If you have any further questions or concerns, please consult your dental professional for guidance.