



## **Bite Splint Care Sheet**

A night guard is used to protect your teeth from bruxism and grinding your teeth at night. For a long lasting night guard follow these care instructions.

### **Cleaning**

Brush and floss your teeth before each use.

Rinse mouth well with clean water before inserting the night guard.

Rise appliance with clean, cool water before and after each use.

After cleaning it with cool water, let it air dry.

Store it in its case after rinsing, or when its not in use.

### **Precautions**

Only use a soft toothbrush (if necessary) to clean it with cool water.

DO NOT clean or soak it in mouthwash.

DO NOT use hot water.

DO NOT use alcohol or hydrogen peroxide.

DO NOT place in direct sunlight, or place it near any heat sources.

A night guard is made custom per individual, sharing it with some is not advised and can lead to infection. It is not the same as an athletic sports guard, and shouldn't be used as one. If it any point your night guard starts to feel loose, too tight, broken or severe inter-oral discomfort occurs call our office immediately at (208)-529-3836.