



Anthony Costella, DDS | Rosemarie Goldstein, DDS

NIGHT GUARD OR OCCLUSAL SPLINT • HOME CARE

Your custom night guard helps protect your teeth and restorations from the pressure and wear of clenching and grinding (bruxism). Consistent use and careful cleaning help protect your smile and your appliance.

1 Clean teeth first, every night

Brush thoroughly with fluoride toothpaste and floss before insertion. Always place the guard on clean teeth, using clean hands. Wear it every night or as your dentist directs.

2 Insert & remove gently

Seat the guard with your fingers using gentle, even pressure. Do not bite hard to force it into position. Remove gently as demonstrated by your dental team. Do not chew on it or wear it while eating.

3 Clean your appliance daily

After removal, rinse with cool or lukewarm water. Use a separate soft toothbrush to gently clean all surfaces without scratching. Avoid toothpaste, stiff brushes and vigorous scrubbing.

Never use boiling or hot water, a dishwasher or direct heat; the guard may warp.

4 Use an appliance cleanser

An over-the-counter antibacterial appliance cleanser, such as **Polident cleanser labeled for guards and retainers**, can help remove odor-causing bacteria. Available at pharmacies or online, including Amazon.

Use only a product approved for your guard's material. Follow the label and your dentist's directions for temperature and soaking time. Rinse thoroughly before wearing. Do not swallow or use the solution as mouthwash.

5 Keep it safe in its case

When not in your mouth or being cleaned, keep the guard in its protective case. Follow your dentist's directions about drying or moist storage for your appliance material. Clean the case regularly and keep it away from heat and direct sunlight.

Never wrap the guard in a tissue or napkin; it can be accidentally thrown away.

6 Protect it from pets & children

This is a valuable custom appliance. Keep the guard and its case out of reach of pets and small children. Pets may chew and destroy it, even when it is stored in a case. Use a secure drawer or cabinet.

7 Check the fit & bring it back

Bring your night guard to every cleaning and dental checkup. We will inspect it for wear, check the bite and fit, and adjust it if needed. Keep any scheduled appliance review.

If it becomes tight, loose or painful, will not seat fully, cracks, or changes how your teeth meet, stop wearing it and call promptly. Do not force it, trim it, heat it, glue it or attempt your own adjustment.

A spare for travel: Ask whether a second custom guard would be useful. Alternate only as directed, with both guards checked for fit. A spare is optional.

QUESTIONS OR CONCERNS? PLEASE CALL THE OFFICE

Call promptly for a tight or uncomfortable fit, a bite change, sores, new or worsening jaw or tooth pain, cracks, damage, loss, persistent odor or any concern. Do not attempt to adjust the appliance yourself.

Dr. Costella 415-453-0642

Dr. Goldstein 415-453-0122

Call 911: choking, trouble breathing, or a severe allergic reaction with tongue or throat swelling. For fit, cleaning or repair concerns, call our office.