



DR. DAVID RUSHKA INC.
GENERAL DENTISTRY

A Nightguard Owners Manual

While on the outside your new nightguard seems simple and straightforward, there are a few things that we would like to point out about it.

The nightguard is made from a dense, durable acrylic material. It is quite strong, and will stand up for a long time if cared for in a certain way.

First of all, it is important that you wear the appliance. There is a reason that you have it, and it won't do what it is supposed to sitting on the bathroom counter rather than in your mouth. Most people find that it is difficult to get adjusted to in the first couple of weeks after getting it, then they get used to it. I usually say "for two weeks you can't sleep with it, after two weeks, you can't sleep without it". Persevere.

It is important to keep the appliance clean and preferably wet. In the morning give it a quick rinse when you remove it, then brush it when you brush your teeth (with regular toothpaste and your toothbrush). It is preferable to store it in a wet environment (like a glass of water). At least once a week, to help clean it, place it in a glass of warm water with a denture cleaning tablet like Polident (either branded for retainers or dentures).

It is best to keep the nightguard out of the reach of pets. They seem to enjoy these nightguards as a crunchy snack, and I've had to remake quite a few of them because of the dog.

One last point is that some people find that placing a little toothpaste in the nightguard before retiring greatly helps in preventing the dreaded "morning breath". I find it sufficient to just brush the appliance after brushing the teeth, and without rinsing, place it in the mouth.

Should you have any questions or concerns about your appliance, please feel free to contact the office.