



Bite guard care instructions

A bite guard can be a useful tool when protecting your teeth from clenching and grinding. Taking care of your bite guard is important for its longevity and to ensure it is protecting your teeth effectively.

Wearing –

Wear your bite guard overnight and during any other activities that your dentist has advised you to, such as running, driving and working. If you have jaw symptoms we recommend wearing the bite guard as much as possible day and night. Take out the bite guard when eating and avoid all drinks other than water.

Cleaning and storage –

When you remove your appliance rinse under cold or luke-warm water and store in its case.

You may use a soft toothbrush and gentle soap to lightly scrub your bite guard, however do not use toothpaste as this can be abrasive and will damage the material.

Deep clean –

At least once a month your bite guard should get a 'deep clean'. For this you can use an over-the-counter non-abrasive denture cleaner or a retainer cleaner. – For recommendations please ask your dentist or give us a call at 01428605594.

When should I change my bite guard –

A bite guard can last between 1-10 years. To find out if it needs replacing, visually inspect it for any cracks or holes. If you have any concerns about the function of your bite guard you can take it with you to your next examination or hygiene appointment for your dentist to inspect.

Bite guard care - do's and don'ts

- **Do** – Store DRY in its case
- **Don't** – Soak in cleaner for long periods of time.
- **Do** – Rinse with cool water
- **Don't** – Immerse in boiling water
- **Do** – Use a soft brush and gentle soap
- **Don't** – Use alcohol-based cleaners
- **Do** – Use denture or retainer cleaner for a deep clean once a month
- **Don't** – Scrub with toothpaste
- **Do** – Get the bite guard checked if you have any concerns
- **Don't** – Ignore your bite guard if it is damaged or has holes.