the treatment centre

Looking after your nightguard

Your nightguard helps protect your teeth from wear and damage caused by clenching or grinding. A simple daily routine will help keep it clean, comfortable and in good condition.

Cleaning after each use

1. Rinse under cool running water as soon as you remove it.
2. Gently clean all surfaces with a separate soft toothbrush and a little mild liquid soap.
3. Rinse thoroughly to remove all soap.

Avoid hot water, toothpaste, abrasive cleaners, bleach and alcohol-based mouthwash. For an occasional deeper clean, use a retainer-cleaning tablet such as Retainer Brite, follow the instructions and rinse thoroughly.

Wearing your nightguard

Wear it at night, unless your dentist advises otherwise. Brush your teeth and clean between them before putting it in.

Gently fit it with your fingers. Do not bite it into position or force it if it does not fit. Only ever drink water while wearing it.

Storing it safely

After cleaning, let your nightguard dry, then keep it in its case or somewhere safe. Clean the case regularly. Keep the nightguard away from heat, direct sunlight, pets and young children.

Getting used to it

It may feel unusual at first, and you may notice extra saliva. This usually settles with regular wear. It should fit securely without causing pain.

At your dental appointments

Bring your nightguard so we can check its fit, condition and wear. Tell us before new fillings, crowns or other dental work, as these may affect the fit.

Contact us if your nightguard

- Causes pain, persistent rubbing or sores.
- Becomes loose or no longer fits fully.
- Cracks or develops sharp or broken areas.