



THERMOPLASTIC NIGHTGUARD

USAGE & CARE GUIDE

Proper use and care of your nightguard helps protect your smile, improve comfort, and extend the life of your appliance.



HOW TO USE



WEAR NIGHTLY

Wear your nightguard every night while sleeping.



INSERT WITH CLEAN HANDS

Ensure it fits snugly over your upper or lower teeth.



IF DISCOMFORT OCCURS

If you experience discomfort, sore spots, or difficulty closing, contact us.



DO NOT CHEW OR TALK

Do not chew, bite, or talk with your nightguard in.



DAILY CLEANING



RINSE AFTER REMOVAL

Rinse your nightguard with cool or lukewarm water after removal.



GENTLE CLEANING

Gently brush with a soft toothbrush and mild liquid soap or unscented dish soap.



CLEAN DAILY

Every 2–3 days, soak your nightguard with a denture cleaning tablet. Rinse thoroughly.



KEEP IT FRESH

Clean daily to keep your nightguard fresh and clear.



AVOID THESE MISTAKES



NO HOT WATER

Hot water can cause warping.



NO TOOTHPASTE

Toothpaste can be too abrasive.



NO ALCOHOL OR MOUTHWASH

Alcohol, mouthwash, or bleaching agents can damage the material.



DON'T RESHAPE

Do not attempt to reshape your nightguard. If adjustments are needed, we're here to help.

QUICK TIPS AT A GLANCE



WEAR NIGHTLY
WHILE SLEEPING



RINSE WITH COOL
WATER AFTER USE



STORE IN CASE
WHEN NOT IN USE



KEEP AWAY FROM
HEAT & SUNLIGHT



Consistent care protects your investment and your smile. Thank you for trusting AUSCA Dental.





THERMOPLASTIC NIGHTGUARD

STORAGE AND LIFESPAN



A little care goes a long way.

Following these tips will help keep your nightguard clean, comfortable, and effective for years to come.



STORAGE



STORE IN ITS CASE

Always keep your nightguard in its ventilated case when not in use.



KEEP IT COOL AND DRY

Store in a cool, dry place away from direct sunlight or heat sources.



DON'T WRAP IT UP

Do not wrap your nightguard in a napkin or tissue. This can trap moisture and promote odor or bacteria.



TRAVELING?

Always pack your nightguard in its case. Avoid leaving it in a hot car or checked luggage.

Remember



Your nightguard protects your teeth, muscles, and jaw from grinding and clenching.



You may experience minor saliva or speech changes at first—this is normal and typically improves within a few days.



Do not attempt to reshape your nightguard. If adjustments are needed, we're here to help.



Avoid leaving your nightguard in hot environments such as a car or near a heater.



REPLACEMENT & LIFESPAN



Nightguards typically last 2–3 years with proper care.



Signs it may need replacing: thinning, cracks, loose fit, or persistent odor.



Contact us for an evaluation if you notice changes in fit or comfort.



**Replace every
2–3 years
(or as needed)**

Regular checks help ensure continued protection and optimal results.

Having an issue?

Try these quick solutions:



LOOSE FIT

Check for wear or warping. If loose or no longer comfortable, it may be time for a replacement.



BAD ODOR

Clean more thoroughly and store in a ventilated case. Persistent odor may mean it's time for a new one.



SORE SPOTS OR DISCOMFORT

Ensure proper fit and cleanliness. If irritation continues, contact us for an adjustment.



WE'RE HERE TO HELP

If you have any questions or concerns about your nightguard, reach out to our team.



250-419-8484



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We're here to help you protect your smile and sleep well every night.



Consistent care protects your investment and your smile.

Thank you for trusting AUSCA Dental.

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