



Dental Appliance Care (Night Guards)

Plaque can form on dental appliances, just like natural teeth. If it is not removed every day, your appliance may look less white and bright. It is important to clean your appliance daily to avoid “denture” odor.

Clean your appliance over a sink filled with water to avoid breakage if they drop.

Rinse your appliance thoroughly in warm water to remove any loose food particles.

Use a denture cleaner such as Efferdent. (Some conventional toothpaste, bleach, vinegar, and soaps are not designed for appliance cleaning and could, in some cases, cause damage. Scratched appliances will harbor unsightly plaque and bacteria, causing “denture” odor. Harsh products like bleach may even turn the pink parts of your appliance white.

Moisten a denture brush (not a soft-bristle toothbrush) to clean all surfaces of your denture gently. Brushing too hard can damage any plastic or metal parts. Rinse and brush in clean warm water.