Nightguard Care At-A-Glance

Daily Cleaning

- Rinse with cool water
- Brush with a toothbrush
- Mild soap solution can be used
- Air dry completely

Biweekly/Monthly Deep Cleaning (Choose One)

Method	How To	Duration
Denture Cleaner	Follow package instructions	15-30 min
Diluted Bleach	1 tsp bleach + 1 cup water	10 min max
Vinegar Soak	Equal parts water + vinegar	15-30 min
Mouthwash	Antibacterial mouthwash	10 min

⚠ Safety First!

- ⊘ Never use undiluted bleach
- ⊘ Never mix bleach and vinegar
- 💦 Always rinse thoroughly after disinfecting
- 🔥 Avoid heat - no hot water/dishwashers
- ✋ Stop using if material deteriorates

Proper Storage

- Use ventilated case
- Keep away from sunlight/heat
- Store dry

When to Replace

- Every 1-3 years (custom)
- Every 6-12 months (OTC)
- Immediately if cracked or loose

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