



NIGHT GUARD & SLEEP APPLIANCE CARE

Hard Occlusal Guards & Mandibular Advancement Devices

Hard occlusal night guards and custom sleep apnea appliances (mandibular advancement devices) share the same core care; appliance-specific notes follow.

Every Morning

- Rinse under **cool, clear water**; brush gently with a soft toothbrush (a drop of clear mild soap is fine — **no toothpaste**, it is abrasive).
- **Air dry completely**, then store dry in a clean, ventilated case at room temperature, out of sunlight and away from pets.

Every Night

- Brush and floss first; rinse the appliance with clean water before inserting. If you use mouthwash, rinse your mouth with water afterward — residue degrades and discolors the material.

Weekly Deep Clean

- Once or twice weekly, use a **peroxide-based appliance cleaner** (about 3.8% peroxide or less) per the box directions.
- Never soak in mouthwash, alcohol, or hot water (nothing above ~120 °F); never the dishwasher or a hair dryer.

Hard Night Guards

- Wear marks and shiny spots are **normal** — the guard absorbs grinding forces so your teeth do not; we measure wear depth at checkups.
- Extra saliva the first several nights is normal and fades. Wear it every night, or as directed.
- If your bite feels off for more than a few minutes each morning, or one tooth gets sore, call for a quick adjustment.

Sleep Apnea Appliances

- Seat both splints fully and connect them as shown at delivery; wash both inside and out each morning, air dry, store dry.
- **Morning bite**: gently guide your lower jaw back and hold a few moments; chewing sugar-free gum helps the bite reseal. This should resolve shortly after removal.
- Connectors wear — we inspect and replace them at your visits. Keep any sleep-physician follow-up.

Call Our Office (512-472-5633) If:

- The appliance cracks, develops a sharp edge, or a connector tears
- Jaw pain or morning bite changes persist instead of resolving; teeth feel like they are shifting
- The appliance pops off during sleep, or snoring / daytime sleepiness returns

Questions or Concerns? We Are Here to Help.

KoLa Family & Cosmetic Dentistry · 512-472-5633 | info@koladentistry.com
2907 Duval St, Austin, TX 78705

Thank you for trusting us with your care. We wish you a clean, comfortable, long-lasting appliance!