



# Dental Associates of the Southwest

## **SPLINT, OCCLUSAL GUARD, OR NIGHT GUARD CARE TIPS**

When cleaning your appliance never let it soak for more than 15 minutes. **Always store dry.**

Regularly clean the appliance with a toothbrush and antibacterial soap. Use cool water. Hot water may dull the finish or warp the appliance.

Do not use effervescent denture cleansers, mouthwash containing alcohol or colored mouthwash. Effervescent denture cleaners or alcohol can alter the color and damage and weaken the appliance. Colored mouthwash will permanently stain the appliance.

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