



## **3D Printed Night Guard Instructions**

### **Cleaning and Care: Daily Cleaning**

Moss Family Dental recommends cleaning your appliance daily before and after every use. Immediately after removal use warm water and soap to remove remaining saliva and debris from the device.

### **Using Cleaning Agents**

For periodic removal of debris and maintenance, you can use any mild over-the-counter cleaning agents designed for oral devices. If needed, use a soft bristle brush to clean the inside of your appliance for debris removal. Some of the validated cleaning agents include Dawn dish soap, Polident, Efferdent, 3% peroxide solution, 15% bleach solution, and mouthwash.

Cautions:

- X DO NOT SOAK** your appliance in any liquid for more than 1 hour.
- X DO NOT** use abrasive cleaning agents (i.e. toothpaste) as it can shorten the life of your appliance.
- X** Dispose of the cleaning solution after every use. Rinse the appliance well prior to use.
- X DO NOT SOAK** the appliance in water hotter than 45°C/113°F due to the risk of warping the device.