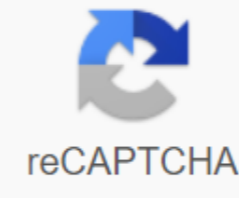


How to clean night guard retainer



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If you wear a night watchman to protect your teeth from grinding or a retaining device to keep your teeth in place (or may wear one that does both), you know how important it is for protecting your smile. Cleaning not only keeps bacteria and stains at bay, but also extends the life of the mouth guard or retention so that it can continue to do its work. With just a few simple steps that are easy to incorporate into your routine, you'll be admiring the squeaky clean protective device or night watch, and your mouth will be thank you. Clean Daily Routine These daily cleaning steps are easy to do and can help prevent the formation over time of those yellow and white spots. Once the stains have formed they can be difficult or impossible to get rid of, so preventing them from happening in the first place is your best bet. Did you know: yellow spots that begin to appear on the night watch are due to bacteria that occur naturally in your saliva. Similarly, white spots that could start popping up on your retention (more commonly on wire and acrylic Hawley retention) are caused by calcium deposits in your saliva. Rinse it first thing As soon as you take the night guard or hold in the morning, give it a good rinse in cold or lukewarm water. You will want to avoid the use of hot water, as it can deform the material. Brush it with a Next toothbrush, gently brush it with a soft toothbrush. This will help to remove any saliva or plate that may still be hitchhiking a ride. Be sure to skip toothpaste - hard abrasives found in toothpaste can damage the night watch. Let it dry One of the most important steps to help prevent bacteria build up is to let your mouth guard or retention dry completely before storing. This is because a humid environment is more likely to allow bacteria to thrive. Use a cloth to absorb most of the water, then set it on a clean surface to dry completely before storing. Store it immediately dry, storing the night guard or fasteners in its housing ensures that it remains clean and protected. It is also a good idea to clean up your case every few days. You can wash by hand using dish soap, but do not wash it in the dishwasher, as the heat can melt the plastic. Make sure the container is completely dry because, as we now know, moisture is the best friend of bacteria. Weekly Deep Clean It's a good idea to do a deep clean once a week to make sure that night watch or retention is at its best. There are a few ways you can do Use a cleaning tablet Simply throw a cleaning tablet for use with dental appliances into a glass of water, along with the night guard or fastener and let it soften for 10 minutes. You can get these over-the-counter at most pharmacies, or go with our custom-made cleaning tablets that kill 99% of the odor that causes bacteria and prevent prevent and stains. These fizzy bubbles will work out their cleansing magic and leave a fresh minty fragrance too. After soaking, rinse in cold water and let it dry completely before storage. Use mouthwash or hydrogen peroxide If you do not have cleaning tablets, you can pour a lid of mouthwash into a glass and dilute with enough water to cover just your retention or night watch. Allow to soften for at least 10 minutes and up to 30 minutes. If you don't have mouthwash handy, hydrogen peroxide will work too. A mixture of equal parts hydrogen peroxide to water should do the trick. Once again, after soaking, give it a good rinse, then completely dry air before storage. Pro tip: Whichever softening method you choose, make sure you don't soak for more than 1 hour, as this prolonged exposure to the liquid could damage the material. Help! My night guard or retention is colored so I mentioned before, preventing stains in the first place, with proper cleaning is always your best bet. But if you haven't been keeping up with your cleaning routine (it's happening), what can you do about it? Depending on the type of spots you are dealing with, the chances of getting rid of them may be higher or lower. Yellow discoloration is unfortunately almost impossible to get rid of once it is there. Some night watch materials are more prone to yellowing than others. Soft night guards are particularly sensitive due to the more porous nature of the material. In this case, we recommend that you use cleaning tablets more frequently to prevent worsening of discoloration. If you notice white calcium accumulation deposits, try soaking the retention in a mixture of 1 part white vinegar to 3 parts of water for 15 minutes. After that, use a soft toothbrush to wash any remaining calcium and then rinse thoroughly in cold or warm water. Conclusion Just like teeth, mouth guarding or retaining needs care and cleaning to keep at its best. Incorporating these steps into your routine will go a long way towards not only keeping fresh and clean, but also giving it the longest life possible. Do you feel like your night watch is beyond rebirth? We can make you a new custom-made night watch, which is of the exact same quality as the dentist, at a fraction of the cost. And the best part is, you don't even have to leave home. Or maybe the best part is the price. We'll let you decide. Night guards can be a valuable tool when it comes to protecting teeth from the harsh effects of grinding or clenching. If your dentist suspects that you are grinding or clenching in your sleep, a night watchman may be recommended prevent future damage. Once you have a night watchman, it is important to be properly cared for so that you can continue protecting your teeth for as long as possible. The daily oral health routine should include night cleaning Follow these complete instructions for cleaning the night guard and should stay in great shape for years to come! Rinse immediately after wearing It should be rinsed with warm water every time you wear the night watch as soon as you remove it from your mouth. This will remove debris and weaken any plate that is stuck at night watch. Brush the night with the toothbrush After rinsing, give the night guard a light brushing with the normal toothbrush. Some people prefer to use a separate toothbrush just for their night watch, but it is good if you want to use the toothbrush that you use to brush your teeth daily. Note: You should not apply toothpaste to the brush. Because toothpaste can be abrasive, it can scratch the night guard and cause it to wear out faster. Place the night guard on a clean surface and let it dry completely It is important to allow the night guard to dry completely before storing it to prevent rapid growth of bacteria. Choose a clean, flat surface to allow the night guard to dry. Usually, it should dry out within 15-30 minutes. Always keep the night guard in a case When you don't wear the night watch, it's important to keep it stored in a case. Many people store their night watch in the bathroom, but over time the steam and humidity in the bathroom can cause the night guard to deform. We recommend that you keep the night watch keeping stored in the bedroom or on the bedside table. Deep Clean Night Guard Weekly makes a habit of cleaning deep night watches at least once a week. This can be done in many ways. The first is by using an over-the-counter clean prosthesis. Simply place the night guard in a glass or bowl of water and leave clean to dissolve completely in water. The second way to deeply clean the night watch is by using a mixture of vinegar and hydrogen peroxide. Soak the night watch in distilled white vinegar for at least 30 minutes. After soaking, rinse the night guard and bowl with water. Then soak the night guard in hydrogen peroxide for at least 30 minutes longer. After you are done, rinse with water and let the night guard dry completely. The last way you can clean your night watchdog is to use a mixture of mouthwash and water. Pour a lid of mouthwash into a glass or bowl and then dilute with water until the night guard is immersed in the solution. Let the night guard soften for about 30 minutes and then rinse the night guard and let it dry completely on a clean flat surface. Pro tip: Never leave the night guard soaking in anything for more than an hour. Prolonged time in damage the material from which the night guard is made. Keep your case clean cleaning the night watchman can become a wasted effort if you put a clean night watchman in a dirty case. Keep the case clean of washing hands every few days with regular regular dishwashers Avoid placing the carcass in the dishwasher, as the high temperature may melt or deform the plastic. After washing, allow the case to dry to prevent the growth of bacteria. Plastic night watch cases wear out over time, so we recommend replacing the casing every 6-12 months or after necessary. Bring your night watch to dental appointments It's always a good idea to bring your night watch with you to regular dental hygiene appointments. Our team of dentists in Richmond, will prefer to bring your night watchman with you because it gives them an opportunity to inspect the night guard for signs of wear and to help ensure that it continues to fit properly. In some cases, they may be able to professionally clean the night watchman for you as well! Conclusion Cleaning the night guard properly can sound overwhelming, but once you get used to the routine it should be a breeze! Do you have any questions about keeping the night watch clean? What is the preferred method of deep cleaning of the night watch? Leave us a note in the comments below to let us know! Related Blog Posts: The 3 Most Common Sources of Jaw Pain Questions to Ask at The Next Dental Visit Most of Us Have Seen TV Ads for Commercial Prostheses Cleaners. They are usually acidic blue tablets that dissolve them in water, which are designed to remove stains and odors from artificial teeth. So what about dental appliances would be clear retention, sports mouth guards and night-to-night grinding guards? Is there a good way to clean them? Instead of having to buy products specifically for cleaning appliances you can use a few household items that work just as well, if not better. The first thing you'll want to do is make sure you're rinsing the appliance every day and giving it a light scrub with a wet toothbrush. It is better to limit the use of toothpaste, because over time, silicon gravel can scratch acrylic and leave places for stains to accumulate. Also, be sure to clean the case that holds the appliance when it is not in your mouth. Bacteria will grow wherever it is wet and dark. Once a month, you will want to give the appliance a deep cleaning. For this you will need some white vinegar and hydrogen peroxide. Once a month, you will want to give the appliance a deep cleaning. For this you will need some white vinegar and hydrogen peroxide. Pour the lard into a small non-metal bowl and let the appliance soak in it for a few hours. The acid is strong enough to help break proteins, odors and other debris that can accumulate on your guard. A caution, though: if the device also has metal in it vinegar can cause it to corrode easily, so you probably should not use this process. This is when you will want to use a specially labeled denture product for use with partial (usually dentures with metal parts). After you've got wet rinse the dish and appliance. Pour the hydrogen peroxide into the bowl, add the appliance and let it soften for a few more hours. This will remove all the flavor of vinegar and help bleach any remaining organic particles. Be sure to rinse the peroxide before putting it in your mouth. If you notice that your guard has some spots that won't come out despite your best efforts, that's fine. Most of them will fade after several years of use. Just be sure to bring it together with you to your next dental appointment so we can make sure it fits properly. If necessary, we can even give our best ultrasonic cleaning while you are with your dental care completed. And if it's time to replace your night watch, you'll be glad to hear that we don't have to take cold, wet, holeful impressions anymore. Instead, we now have 3-D images that can instantly scan teeth and send all data directly to the lab where the device will be custom manufactured. The best part about having a clean bedside table or machine? You'll be more likely to wear it consistently, and this helps us achieve our goals for you. for you.

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