



Night Guard Care Guide

Daily cleaning, weekly maintenance, storage, inspection, and replacement guidance for custom night guards.



QUICK START

Use this guide for general customer education. Always follow the product-specific instructions included with your ISO Metrik Dental Labs appliance or impression kit.

Inside this guide

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- 2. Weekly Deep-Care Routine
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1. Daily Care After Wear

A consistent routine helps keep a night guard clean, comfortable, and easier to inspect for wear.

- Wash your hands before handling the guard.
- Rinse the appliance with cool or lukewarm water after use.
- Clean it using the method supplied with your product. A soft brush with mild soap is a common option for many removable appliances; avoid harsh or abrasive products unless your instructions specifically allow them.
- Rinse thoroughly after cleaning.
- Let the guard dry as directed before storing it in its case.

AVOID HEAT	Do not use boiling water, a dishwasher, a hot car dashboard, or other high-heat environments. Heat can distort many oral-appliance materials.
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2. Weekly Deep-Care Routine

Once a week, add a more thorough inspection and cleaning step.

- Clean the storage case and allow it to dry.
- Inspect the guard under bright light for cracks, splits, rough edges, discoloration, or areas that appear thinner than before.
- If your product instructions allow a cleaning tablet or appliance-cleaning solution, follow the label exactly and rinse thoroughly afterward.
- Do not improvise with bleach, alcohol, household disinfectants, or strong chemicals.

**MATERIALS
DIFFER**

Cleaning methods vary by appliance material. If your ISO Metrik instructions conflict with a general tip, follow the instructions that came with your guard.

3. Storage and Travel

- Store the guard in its protective case when it is not in your mouth.
- Use a clean case that allows the appliance to dry as directed.
- Keep the case away from direct sun, hot vehicles, heaters, and other heat sources.
- Keep the guard and case where children and pets cannot reach them.
- When traveling, pack the case in your carry-on or personal bag rather than loose in a pocket, napkin, or tissue.

Good habit	Use the same storage location every morning so the guard is less likely to be misplaced.
Avoid	Wrapping the appliance in a napkin or paper towel, where it can easily be discarded.

4. When to Stop and Ask for Help

A night guard should not be forced into place when the fit has clearly changed.

- Contact support if the guard is cracked, warped, badly worn, or no longer seats normally.
- Contact a licensed dentist if you have persistent tooth pain, jaw pain, swelling, bleeding, significant bite changes, or another clinical concern.
- If you have new dental work or major changes to your teeth, ask a dentist whether the existing guard remains appropriate.

**DO NOT
SELF-ADJUST**

Do not cut, grind, heat, bend, or otherwise reshape a custom night guard at home.

Night Guard Care Checklist

A simple weekly routine for your custom night guard.

- ☐ Rinse after each use with cool or lukewarm water.
- ☐ Clean using the method supplied with the guard.
- ☐ Let the guard dry as directed before storing it.
- ☐ Clean and dry the storage case.
- ☐ Inspect the guard for cracks, distortion, rough edges, or heavy wear.
- ☐ Keep the guard away from heat and pets.
- ☐ Contact support or a dentist if fit, comfort, or condition changes.

Important Notes

PLEASE NOTE

This guide is for general educational purposes and does not replace advice from a dentist, orthodontist, or other licensed healthcare professional. If an appliance causes pain, injury, swelling, bleeding, or a major change in your bite, stop using it and contact an appropriate dental professional.

Need help?

Visit the Help Center at isometrikdental.com/help-center/ or contact ISO Metrik Dental Labs at info@isometrikdental.com or (678) 632-3745.

Educational References

American Dental Association, MouthHealthy. "Mouthguards" - care principles for removable mouthguards.
<https://www.mouthhealthy.org/all-topics-a-z/mouthguards>

American Dental Association, MouthHealthy. "Teeth Grinding." <https://www.mouthhealthy.org/all-topics-a-z/teeth-grinding>