

Spring Hill Dental

174 Highland Ave #1
Somerville MA, 02143
(617) 666-1810
info@springhill.dental



OVERNIGHT PROSTHESES CARE & INSTRUCTIONS

Wearing Your Prosthesis

- **Insertion:** Always place the prosthesis over your teeth using your fingers. Gently press it into place until it seats completely. **Do not bite the guard into place**, as this can snap or distort the material.
- **Break-in Period:** It is normal for your prosthesis to feel snug or slightly bulky for the first few days. You may experience mild tooth awareness or increased saliva production when you first start wearing it; this typically resolves within a week.
- **When to Wear:** Wear your appliance every night as directed. If you miss multiple nights, your teeth may shift slightly, causing the prosthesis to feel tight or fit improperly.

Cleaning & Maintenance

- **Daily Cleaning:** Rinse your prosthesis with cool or lukewarm water immediately after removing it each morning. Brush it gently using a soft toothbrush and mild dish soap or liquid hand soap.
- **Avoid Toothpaste:** Do not brush your prosthesis with toothpaste. Toothpaste contains abrasives that make it easier for stain and bacteria to build up.
- **Water Temperature Warning:** **Never use hot or boiling water** to clean, rinse, or soak your prosthesis. High heat will warp the material and ruin the fit.
- **Deep Cleaning:** Deep clean as needed by soaking your prosthesis in a 50/50 mixture of white distilled vinegar and lukewarm water for 5 minutes, then rinse thoroughly with cool water. Avoid leaving it in vinegar longer to protect the material.

Storage & Safety

- **Proper Storage:** Always store your prosthesis in its protective plastic case when not in use. Ensure it is completely dry before closing the case to prevent bacterial growth.
- **Keep Away from Pets:** Dogs and cats are attracted to the scent of saliva on dental appliances and will chew them up. Always keep your prosthesis secured in its hard case out of reach of pets.
- **Bring to Dental Appointments:** Bring your prosthesis to all routine hygiene and checkup visits so we can evaluate its fit, wear patterns, and give it a professional cleaning in our ultrasonic bath.

When to Contact Our Office - Contact us promptly if:

- You experience persistent jaw soreness, joint pain, or changes in your daytime bite.
- You notice any significant movement of your teeth.
- The appliance feels loose, binding, cracks, or causes localized gum irritation.