



Scan to read online

How to instructions

How to clean your night guard (splint) or sleep apnoea device.



Cleaning these devices is very similar to how you might clean a denture. Check out our videos here and read on!

If you wear an occlusal splint (commonly known as a nightguard) or a mandibular advancement splint (snore guard or sleep apnoea device) you are going to want to make sure they are clean and free from staining. These devices will get plaque and scale build up, and they won't be very appealing to wear if they are smelly and stained. Plus it is just not hygienic.

There are a few options when it comes to splint care, and it is best done when removed after sleeping at the same time you brush your natural teeth.

The simplest and most appropriate is to use a toothbrush or denture brush with liquid hand soap and COLD or Luke warm water only. Gently clean the internal and external surfaces, where the device rests against your teeth, taking care not to drop it. This can be achieved by cleaning it over a basin with a damp wash cloth placed at the bottom. Rinse well with cold water and ensure it is dry before placing back in its container. Wet splints can grow microbes!

Residual liquid soap does not taste or smell very pleasant (it may also trigger childhood memories if you used bad language) An alternative is to use a dedicated oral appliance cleaning gel which will be much more pleasant.

Periodically you can use an effervescent cleaning tablet and soak them. This is not necessary to do every day, but can help to shift more engrained stain and build up. Again, using COLD or Luke warm water only, place a tablet and your aligners or retainers into a container and allow to soak for around 20 minutes. Remove, rinse, dry and store.

You can also buy compact ultrasonic baths (similar to those that are used to clean jewelry) that are really effective at stain and scale removal.

If you want to minimise handling of your device, there is a clever invention called the Hygenie which can make it easier to clean and is often preferred if you are the carer responsible someone else.