



How to instructions

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



This article explains how to clean a night guard (splint) or sleep apnoea / snoring device.

- These devices get plaque, build-up, stains and smells.
- Clean it each morning when you take it out and brush your teeth.

Daily cleaning

1. Put a damp cloth in the basin in case you drop it.
2. Use a toothbrush or denture brush with liquid hand soap and **cold or lukewarm** water only.
3. Gently clean the inside and outside.
4. Rinse well with cold water.
5. Let it dry before putting it in its case. Wet devices grow germs.

Soap can taste bad. A special appliance cleaning gel tastes nicer.

Sometimes

- Soak it in cold or lukewarm water with a cleaning tablet for about 20 minutes. Then rinse, dry and store. You do not need to do this every day.
- A small ultrasonic cleaner (like a jewellery cleaner) removes stains and build-up well.
- The HyGenie device makes cleaning easier, especially for carers.