



Getting Used to the Occlusal Guard: If you are concerned about getting used to your occlusal guard, especially if this is your first appliance, then consider the first week as an adjustment period.

After dinner each night, wear the night-guard for several hours. At first you may salivate more than normal. Once you find you no longer notice it, you will be able to wear it comfortably while you sleep.

It is essential that you wear your night guard every night. You may also wear it during the day if you find yourself clenching or grinding your teeth. This appliance will help to relax any of your jaw muscles which are in spasm, and to reduce any muscle pain, as well as protect your teeth.

Cleaning:

- Brush and floss your teeth before wearing the guard.
- Clean the guard under running cold water every morning.
- Keep the guard in the provided case when not in use.
- Use denture cleaner to soak your guard.
- Do not use toothpaste or toothbrush to clean your guard.
- Keep the guard away from hot water/surfaces—Do not boil.
- Bring your night guard to your appointments and we will put it through the ultrasonic cleaner.

Our Concerns:

- If it binds on a tooth (teeth), we should adjust it.
- If you attempt to wear it after it has been “out” for a period of time, you may find that it no longer fits. Your teeth have shifted. We need to adjust the appliance.
- If you have any concerns about the occlusal guard, please call us. We want you to be comfortable.

Rationale: While the appliance does protect your teeth from grinding and clenching, it is actually meant to remind you to keep your teeth apart. If it gets so comfortable that you find yourself grinding into it, please tell us and we will adjust it.



Warning: Dogs love to chew night-guards! It's an Expensive Snack.