



Occlusal Guard Aftercare

1. Clean daily by scrubbing with a toothbrush. **NEVER SOAK THE GUARD IN WATER. Soaking with water will ruin the guard over time. DO NOT SOAK in denture cleaner.**
2. Do not place your occlusal guard in direct sunlight.
3. Rinse your occlusal guard before and after use and store in a dry, clean case.
4. Keep your occlusal guard out of reach from pets and children, especially dogs.
5. Never wear an occlusal guard appliance while eating. Doing so may be painful and possibly traumatic to the opposing teeth.
6. Avoid sleeping on your stomach. Sleeping on your stomach forces your head to be turned to the side, which may cause significant muscular strain.
7. Discontinue all gum chewing if you have existing jaw pain.
8. Occlusal Guard use should be discontinued and adjusted by your doctor:
 - If your occlusal guard is uncomfortable, too tight or binding, too loose (can be removed with your tongue), or damaged.
 - If your occlusal guard is causing additional muscle or jaw soreness after continued use.
9. Wearing your occlusal guard nightly will ensure that it protects your teeth from damage.
10. Bring your mouth guard to your regular dental cleaning appointments for inspection and professional cleaning.

***Note: Your occlusal guard will allow your chewing muscles to relax and deprogram (lose memory of your bite). In severe clenchers and grinders or individuals with pathological bites, this means your bite will feel uncalibrated or "off" in the morning when you remove the appliance. After approximately 30 minutes, the muscles will reprogram and the bite will feel normal again. This is NORMAL and not a cause for concern.