



What To Expect With Your New Occlusal Guard Instructions For Care and Use

Initial Fit:

- Your occlusal guard may feel a bit tight or uncomfortable at first. This is normal and should improve as you get used to wearing it.

Wear:

- Wear your occlusal guard every night while you sleep. Consistent use is key to protecting your teeth from the effects of bruxism.
- Avoid eating or drinking anything other than water while wearing your occlusal guard. Remove it during meals and when drinking anything other than water.
- You may find it difficult to speak clearly at first, but this should improve as you get used to the guard.

Care Instructions

Cleaning, Care and Inspection:

- Rinse your occlusal guard with cool water before and after each use.
- Brush it gently with a toothbrush and non-abrasive toothpaste or mild soap. Avoid using hot water, as it can warp the material.
- Soak the guard in a denture cleaner once a week to keep it fresh and free of bacteria.
- Store your occlusal guard in its protective case when not in use. Ensure the case is clean and dry.
- Keep the guard away from pets, as they may chew on it.
- Regularly inspect your occlusal guard for signs of wear or damage. If you notice any cracks, tears, or significant wear, contact your dentist for a replacement.
- Bring your occlusal guard to your regular dental check-ups. Your dentist can check its fit and condition.

Adjustment Period:

- It may take a few nights to get used to wearing your occlusal guard. Be patient and consistent with its use.
- If your guard is too tight or uncomfortable don't hesitate to call for an adjustment.