



OCCLUSAL / MOUTH GUARD - Instructions

Please follow these instructions for care and use of your new Occlusal Guard:

- After rinsing, give your night guard a light brushing with a toothbrush that has soft or very-soft bristles.
- Lay your night guard on a clean surface and allow it to dry completely before storing. Store in a dry, clean case.
- Keep your occlusal guard out of reach from pets and children, especially dogs.
- Discontinue all gum chewing if you have existing jaw pain.
- Your night guard should be worn all night. If you find it difficult to adjust to this, you can start by wearing it a few hours each day and then gradually work up to wearing it for a full night every night.
- Only soak your night guard in clear liquid (you should NOT soak it in: mouthwash, denture cleanser, or hot water).

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.
- When wearing the occlusal guard your back teeth or canine teeth can somehow touch each other in various jaw positions. If your occlusal guard is causing additional muscle or jaw soreness after 1 month of continued use.

If you have any additional questions, please don't hesitate to call us!

Thank you for entrusting us with your care.

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