

OCCLUSAL GUARD

Post-Operative Care Instructions

Proper occlusal guard care is imperative to maintaining the longevity of your new appliance. At any time, if you feel your appliance has any sharp edges or is uncomfortably rubbing your gums, please call our office to schedule an adjustment.

- Make sure to brush, floss, and rinse before inserting your night guard.
- Seat your guard from back to front each night before going to bed.
- DO NOT soak your occlusal guard in mouthwash, denture cleanser, hot water, bleach, or place in direct sunlight.
- Rinse well with water before and after use and store dry.
- Clean the guard with warm soapy water. An old toothbrush with a small amount of toothpaste can be used to clean out the grooves. Do not scrub rigorously with toothpaste as the abrasives may wear the finish on your appliance.
- A Retainer Cleaning Tablet can be used to keep your appliance clean. We recommend the Retainer Brite Cleaning Tablets with filtered water. Change out solution once per week.



- If your guard becomes loose, tight, or causes discomfort, don't hesitate to contact us.
- Please bring your guard with you to your dental cleanings to be cleaned professionally, free of charge.

If you have any questions or need an appointment, please call us at (281) 940 8940.