

Occlusal Guard/Oral Appliance Care Instructions

Follow all home care instructions as provided by your dental team. They provide individualized instructions to help you best care for YOUR mouth.

It is important to adhere to your recommended follow-ups and hygiene maintenance appointments, so that we can properly monitor and promote the success of your oral and overall health.

- Do not bite the night guard into place, instead place the night guard in your mouth using your fingers.
- Rinse your appliance well with water before and after use and store in the container provided.
- Clean appliance with regular dish soap and warm water ONLY.
 - Do not soak the night guard in any mouthwash, denture cleanser, hot water or place in direct sunlight. **Use only cleaning products approved by your doctor.**
- **Do not eat or drink while wearing your appliance.**
- You may be instructed to wear your appliance all night.
 - You may start by wearing it a few hours each day and gradually work up to wearing it a full night if needed. Follow your doctor's instructions for your specific case.
- **Keep out of reach of dogs and other pets, as they LOVE to find and chew on these types of appliances.**
- For a video on how to properly clean and care for your appliance, please visit: [*link to vid](#)
- Contact your doctor if you experience a change in fit or discomfort in your teeth, gums, or jaw joints and muscles. This may require adjustments to your appliance.
- **Bring your appliance with you to your dental appointments** so we can professionally clean your appliance, check the fit, and make any adjustments necessary for your success and comfort.