



CARING FOR YOUR OCCLUSAL GUARD

DAILY CARE AND MAINTENANCE

- **Cleaning:** Clean with soap and water (avoid toothpaste, as it is too abrasive). Use a soft toothbrush to remove debris.
- **Disinfecting:** Soak in a denture cleaner or hydrogen peroxide once a week.
- **Storage:** Store in a dry, ventilated case. Keep away from pets, who are attracted to the saliva scent.
- **Avoid Heat:** Do not use hot water or leave in a hot car, as this will warp the plastic.

USAGE AND ADAPTATION

- **Insertion:** Seat the guard gently with finger pressure, rather than biting it into place.
- **Adjustment Period:** It may take 4–6 weeks to get used to the appliance.
- **Comfort:** If the guard is too tight, soak it in warm water (not boiling) for 1 minute before inserting.
- **Pain/Soreness:** If you experience increased jaw pain or the bite feels off, contact your dentist.

WHEN TO CONTACT YOUR DENTIST

- If the guard becomes broken, cracked, or lost.
- If the guard is too tight, loose, or uncomfortable.
- If you notice a change in your bite.

PROFESSIONAL CLEANING SERVICES WITH YOUR HYGIENE VISITS (D9936)

Your guard will need professional inspection and cleaning on a regular basis. We recommend having this done while you are here with for your hygiene visits.