

## 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.