



Care Instructions for Occlusal Guard

- Care for and wear your Occlusal Guard only as directed by your dentist.
- Your appliance should have a snug fit.
- Discontinue use and see your dentist for adjustments or repairs:
 1. If your appliance chips or cracks.
 2. If you see any unusual wear in the device such as a sharp edge, sharp points, crack, or a groove developing.
 3. If your Occlusal Guard is uncomfortable, too tight or binding, too loose (can be removed with your tongue), or damaged.
 4. If you notice a change in your bite/teeth position when you take it out.
 5. If your Occlusal Guard is causing additional muscle or jaw soreness after continued use.
- Never attempt to wear it while eating or drinking.
- Never insert or remove appliance while lying on your back. Insert or remove only when standing or sitting upright.
- Keep your Occlusal Guard in the case provided and away from any pets. Pets can sense your saliva on the appliance and think it is a chew toy.

Cleaning Instructions:

- Clean daily with soap and water. Do not soak in mouthwash or other chemicals.
- Use the provided case to store your Occlusal Guard.
- Do NOT place your Occlusal Guard in direct sunlight
- Do NOT put it in the dishwasher or microwave
- Bring your appliance with you to all routine dental appointments so it can be examined or adjusted as needed and cleaned.
- Occasionally, you may have to soak it for 30 minutes in diluted white vinegar/water mixture. Soak, then brush with toothbrush (no paste).

Tips:

- Discontinue all gum chewing if you have existing jaw pain.
- Only wearing your Occlusal Guard nightly will ensure that it protects your teeth from damage.