



## **OCCLUSAL GUARD**

### ***INSTRUCTION GUIDE***

Occlusal guards are designed to reduce muscle tension in the jaws and neck, to reduce stress on the temporomandibular joint (TMJ), and to protect teeth from wear. Different types of occlusal guards are used to accomplish this. Your occlusal guard has been designed based on your specific needs. The key points below will help you understand expectations and maximize effectiveness.

#### ***Expectations:***

- Wear while sleeping and during stressful activities (studying, driving, etc).
- Salivation increase may occur initially. This will likely return to a normal level in a few weeks.
- Initial placement may feel tight. This sensation should dissipate in a few minutes.
- After removal your teeth/bite may feel “different.” This should return to normal in a few minutes.
- Use as directed by your dentist. Preventive use during asymptomatic periods is also encouraged.
- Adjustments may be necessary depending on the complexity of your needs.
- If symptoms worsen, DISCONTINUE USE IMMEDIATELY and call for follow-up appointment!

#### ***Care:***

- KEEP AWAY FROM PETS! Store in closed case and in a cabinet or drawer.
- After each use, rinse with water and lightly brush using soft toothbrush & place directly into case.
- Periodically wash with liquid dish soap & soak in approved denture cleaner or hydrogen peroxide for 10 minutes. Once per week is recommended.
- Bring it with you to EVERY dental appointment to have it checked and ultrasonically cleaned.

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