

Nightguards Occlusal Guards

Post Operative Instructions

Getting Used to the Occlusal Guard: If you are concerned about getting used to your occlusal guard, especially if this is your first appliance, then consider the first week as an adjustment period.

After dinner each night, wear the nightguard for several hours. At first you may salivate more than normal. Once you find you no longer notice it, you will be able to wear it comfortably while you sleep.

Our Concerns:

- If it binds on a tooth (teeth), we should adjust it.
- If you attempt to wear it after it has been “out” for a period of time, you may find that it no longer fits. Your teeth have shifted. We need to adjust the appliance.
- If you have any concerns about the occlusal guard, please call our office. We want you to be comfortable.

Our Goal is to help you keep your teeth for a lifetime of good health. Wearing this appliance helps decrease pressure from your teeth, joints and bone.

Rationale: While the appliance does protect your teeth from grinding and clenching, it is actually meant to remind you to keep your teeth apart. If it gets so comfortable that you find yourself grinding into it, please tell us and we will adjust it.

Cleaning: Occlusal guards will discolor over time. This is not a problem. Rinse it or brush it with toothpaste.

Please bring your occlusal guard with you for all dental appointments.

We will examine and clean it for you.

**Warning: Dogs love to chew nightguards!
It's an Expensive Snack.**