

Care and Keeping of Your New Occlusal Guard

INITIAL USE: Soak Occlusal Guard in hot water for 2-3 minutes

Keep this guard in its box when not in use. Fill the box with a small amount of water to keep the guard moist. Change the water daily. The guard can be cleaned with regular soap and water. Do not use harsh detergents. You may also use a vinegar and water solution to remove any odors that accumulate on the guard.

Wear the guard each night. This will protect your teeth plus any crown and bridge work you may have. Over time, the guard will wear down.

If the guard becomes uncomfortable, or holes appear from normal wear, see your dentist for reassessment of the guard. Over time, the guard will need periodic adjustment.