



POST-OPERATIVE AND CARE **INSTRUCTIONS FOR OCCLUSAL (NIGHT) GUARD**

- This occlusal Guard is intended for night use, but can be used during the day if needed.
- Brush and floss before putting in your night guard.
- When putting in your night guard, running it under hot water will soften the insideliner for easy placement. If you put it in dry, it just might feel tight and/or snap in place.
- To clean your night guard, use a separate toothbrush to brush with soap and water. You may also use denture soaking tablets (i.e. Efferdent, Polygrip, generic brand) to soak the guard for 5-10 min. in hot water each morning before brushing/clean.
- Bring your occlusal guard to ALL dental appointments. At this time, we can clean it in our Ultrasonic cleaner and adjust/check if needed.
- Pets, especially dogs, will find the occlusal guard if left out!!! A case is provided for you, and strongly suggest, when not wearing the occlusal guard store it in the case.
- Your occlusal guard may need adjustment (at no charge) after initial delivery. Pay attention to your symptoms to decrease; you be the judge of comfort level. An increase in symptoms longer than 3 days, call immediately. "Too tight" is often the most obvious discomfort and can easily be adjusted.
- Can take up to 3 months to become a daily habit, just be persistent!

*Thank you,
Dr. Gupta and Staff*

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