

# YOUR NEW OCCLUSAL GUARD

## HOME-CARE INSTRUCTIONS



Please follow these instructions for care and use of your new occlusal guard.

1. Clean **daily** with soap and water. Do not soak in mouthwash or other chemicals.
2. Do not place your night guard in direct sunlight.
3. Rinse your night guard **before and after** use and store dry.
4. Keep your night guard out of reach from pets and children, especially dogs.
5. Never wear your occlusal guard while eating. Doing so may be painful and possibly traumatic to the opposing teeth.
6. Avoid sleeping on your stomach. Sleeping on your stomach forces your head to be turned to the side, which may cause significant muscular strain.
7. Discontinue all gum chewing if you have existing jaw pain.
8. Your occlusal guard should be discontinued, and you should **contact us** for an appointment to adjust or check your appliance:
  - a. If your occlusal guard is uncomfortable, too tight or binding, too loose, or damaged.
  - b. If your occlusal guard causes increased pain with continued use, this may indicate an underlying TMJ problem.
9. Only wearing your night guard nightly will ensure that it protects your teeth from damage.

~ Your RENU Prosthodontists