

Occlusal Guard (Nightguard) – Care & Use Instructions

For Bruxism, Clenching, TMJ, or Bite Protection

Initial Instructions (Receiving Your Occlusal Guard)

1. Purpose of Your Guard

- Your guard is designed to protect your teeth from wear, prevent muscle strain, and reduce TMJ symptoms. It will allow your joints and muscles to function more smoothly and allow the jaw to find its best position because the guard prevents the teeth from locking together and the muscles from fully contracting.
- It should limit your need for future dental emergencies: prevent cracked fillings/ teeth , reduce muscle spasm and tightness, clenching habits, jaw/joint pain,and tooth wear.

2. Initial Wear Schedule

- Wear nightly or as directed. It may take a few nights to adjust.
 - Slight soreness or extra saliva at first is normal.
 - It is not uncommon that additional adjustments will be needed until you are fully comfortable with your guard.
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Care Instructions

● Cleaning:

- Run your guard under hot (not boiling) water for 30 seconds prior to wearing the appliance. Rinse after each use.
- Clean daily using a soft toothbrush with mild soap or guard cleaner (avoid toothpaste—abrasive).
- Let air-dry completely before storing.

● Storage:

- Use your storage case to protect your guard when not in use. Store it dry within your case.
- Keep away from pets, children, and heat.

● Deep Cleaning (Weekly):

- Soak in a denture or nightguard cleaning solution as recommended.
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Do Not:

- Boil or microwave your guard
 - Use alcohol-based mouthwash to clean it (can dry or warp material)
 - Leave it in a hot car or direct sunlight
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Long-Term Use and Monitoring

- Bring your nightguard to dental checkups so we can inspect it for wear or damage.
 - If your bite changes or you receive new dental work, your guard may need adjustment or replacement.
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Call Us If:

- The guard feels too tight or loose
- You develop new jaw pain or headaches
- It cracks, wears through, or becomes discolored
- You can't wear it comfortably through the night