



Caring for Your Occlusal Guard

It's very easy to maintain your new custom made occlusal guard. Remove your guard in the morning and then rinse it in cold water. Clean the outside and the inside very lightly with a toothbrush and cold water. You may soak it in a denture cleaner as needed. Do not use alcohol or alcohol-based products. Never boil your occlusal guard. Brushing and flossing your teeth and keeping good oral hygiene is also very important.

Use your storage case to store your occlusal guard. You can store it dry. Do not store it in alcohol or alcohol-based products. Many mouthwashes contain alcohol so please read label carefully!

Keep your regular check-up appointments and remember to bring your guard with you. They are necessary for adjusting and refitting the occlusal guard.

If you are having jaw pain, avoid eating tough and chewy foods while your TM joints, ligaments and muscles are healing.

When you experience pain, apply moist heat to the affected area of the face. Use a damp washcloth under a hot water bottle for 15 to 20 minutes, 3 to 4 times a day. Sipping on hot liquid, such as tea, and rolling them around in your mouth may provide comfort.

Keep your guard away from pets; they seem to love them. If you travel be careful not leave your guard in the hotel room.

If you have any further questions, please feel free to call or email us.