

OCCLUSAL GUARD INSTRUCTIONS

Purpose

- Your occlusal guard is designed to help protect your teeth and jaw by:
 - Reducing tooth wear and protecting dental restorations from clenching or grinding (bruxism)
 - Helping relieve jaw, muscle, or joint discomfort
 - Improving bite stability during sleep

Wearing Schedule

- Wear your occlusal guard as instructed by your dentist (most commonly at night while sleeping).
- Do not wear it while eating.
- If daytime use is recommended, follow your dentist's specific instructions.

Fit & Comfort

- A new guard may feel snug the first 1-2 weeks. You can use hot water to warm the guard up before inserting it into your mouth. Sometimes doing this several times in the beginning can be helpful.
- You may notice increased saliva initially. This should subside within 2-3 months.
- If you notice new tooth/jaw soreness, headaches, or areas of pressure on your teeth that last beyond a few days, call our office for an adjustment.

Insertion/Removal

- Seat with firm finger pressure—do NOT bite it into place.
- Remove by lifting evenly from both sides to avoid twisting.

Care & Cleaning

- Rinse your occlusal guard with cool or lukewarm water after each use.
- Brush gently with a soft toothbrush and mild soap making sure to rinse it thoroughly. (i.e mild dish soap)
- Do NOT use toothpaste (too abrasive), mouthwash (stains), or alcohol (breaks down material)
- Disinfect 1-2×/week in non-alcohol retainer cleaner per product directions.
- Store in a dry, ventilated case at room temperature (heat can warp it).
- Keep away from pets (keep in drawer or cabinet). They can easily become very expensive chew toys!

When to Call

- Cracks, looseness, sore teeth/joints, or if you cannot wear the device comfortably through the night.
- It is normal to have to come back for adjustments so please do not hesitate to call our office to schedule an adjustment appointment.

WARRANTY

We are committed to providing high-quality dental care with lasting results. To ensure peace of mind, we offer a **1-year limited** warranty on all our oral appliances (i.e. occlusal guards, night guards, etc.) provided patients maintain regular dental care and follow recommended guidelines.

- If your oral appliance needs adjustments, they are free of charge for the first **6 months**. After that there will be a **\$75 fee** for any additional adjustments.

Warranty Eligibility Requirements

To keep your warranty active, you must:

- Maintain routine exams and cleanings at least twice a year and x-rays at least once per year (or as recommended).
- Follow all oral hygiene instructions provided by our dental team.
- Wear prescribed night guards, retainers, or other appliances as directed.
- Keep financial accounts with our office in good standing.
- Notify our office promptly of any issues or discomfort related to the treatment.
- Consent to recommended follow-up care, adjustments, or re-evaluations when clinically indicated.

Warranty Exclusions

The warranty does not cover:

- Damage from trauma, accidents, or misuse.
- Normal wear and tear beyond expected clinical lifespan.
- Loss or irreparable damage.
- Failure to follow post-op instructions.
- Treatments performed or altered by another provider outside our practice.