

Occlusal Guard Care Instructions

You have just had your occlusal guard fitted and given to you at Hutchinson Family Dental. Please use the following care instructions to prolong the life of your guard:

What to expect:

- Expect increased salivation for the first 10-15 days. This is normal until the body accepts that the Guard is now a part of you.
- If you experience jaw pain or muscle soreness please give us a call, as sometimes the Guards can contribute to muscle spasms and/or increased clenching.
- Over time the Guard will discolor or wear; this is normal and when it does happen, you can have a new one fabricated for you.

Instructions:

- Wear your Guard every night.
- Every morning when removing the guard, brush it with a dedicated toothbrush under cool water or a mild disinfecting soap that does not have any abrasive particles in it. Do not use toothpaste or alcohol-based cleaners.
- Always store it in the container.
- Bring it with you for your 6-month cleaning appointments so that we can remove any tartar buildup or run it through our sterilization machine.

If you have any questions, please call our office at 620-663-9119.