PURE SMILE
DENTAL CLINIC MIAMI · KENDALL

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INSTRUCTIONS · TEETH GRINDING

CARE FOR YOUR NIGHT GUARD (OCCLUSAL SPLINT)

How to wear, clean and look after your guard to protect your teeth, jaw joints and dental work.

1 GETTING USED TO IT

- **The first few nights:** Feeling slight pressure on your teeth during the first few nights is normal while your muscles and jaw joints relax and get used to the guard.
- **When to wear it:** Wear the guard as your dentist directs (usually while you sleep) to prevent nighttime tooth wear and protect the dental work we placed (crowns, veneers and fillings).

2 CLEANING AND CARE

- **Clean it daily:** Wash your night guard every day with a soft brush and mild soap or special cleaning tablets.
- **No hot water:** Never use hot water or leave it in direct sun: the thermoplastic material can warp and lose its precise fit.
- **Store it properly:** Always keep it clean and dry in its hard, ventilated case when you are not wearing it.

3 CHECKUPS

- Bring your night guard to every checkup and cleaning at PureSmile Miami so our dentists can check its fit and condition and make any adjustments needed.

DOES YOUR GUARD FEEL LOOSE OR HURT?

We are here to help. Call us at **(305) 787-3642** if you have discomfort or if your guard cracks or breaks.

WATCH THIS CARE VIDEO

Scan the code with your phone camera: we explain these instructions on video, and you always have this sheet at hand.

puresmilemiami.com/en/instructions-night-guard

Patient Care Team
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