

## **POST OP CARE FOR OCCLUSAL GUARD/ NIGHT GUARD**

Congratulations on receiving your custom night guard! This made-to-measure device has been designed to help protect your teeth and jaw from excessive grinding or clenching while sleeping. To ensure you have the best experience possible, we have compiled some important post-operative instructions for you to follow:

1. **Wear your night guard as directed** - Your night guard should be worn every night while you sleep to get the full benefits of its protective features. It is important to wear it consistently to help train your jaw muscles to relax and reduce discomfort.
2. **Clean your night guard regularly** - Proper cleaning is essential to maintain the quality and effectiveness of your night guard. Rinse it with warm water each morning, and clean thoroughly with a toothbrush and mild antibacterial soap at least once a week. Please do NOT use toothpaste. Toothpaste will scratch your night guard and cause staining. Store your night guard dry in a container. Do NOT soak your night guard in an alcohol based rinse.
3. **Do not “bite” your night guard in place.** Gently place your night guard with finger pressure until it is seated down properly. This prevents damage to your teeth and the night guard.
4. **If you feel like your night guard is feeling a bit tight or off over time,** place your night guard in warm water for 1 minute. (About the temperature of coffee.) After 1 minute, take your night guard out of the warm water, place it in your mouth, and let it cool. This should help adjust the nightguard.
5. **If you start to feel a change in your bite,** please do let our office know and we can get you in for an appointment to make adjustments for your comfort.
6. **If you damage your night guard,** let our office know immediately. Do not attempt to fix it at home as it may compromise its effectiveness.
7. **\*Warning\*** Pets love night guards. They wish they could come to Dr. Wyatt’s office and get one of their very own. Unfortunately, we only see humans in our office so we are unable to provide your pet with their very own night guard. Unless you are really into buying your fur baby super expensive chew toys, we recommend you store this far away from your furry friend.

By following these post-operative instructions, you will be able to protect your teeth and jaw from grinding and clenching during sleep, and get a restful night’s sleep. If you have any questions or concerns, please do not hesitate to reach out to our office at 972-355-2222.