



## **Post Operative Instructions for Night Guards and Occlusal Guards**

- Your **night guard or occlusal guard** is made out of acrylic. It is designed to keep your teeth from coming into contact while you are sleeping. This allows the lower jaw to return to a comfortable hinge position without interference from your bite. In order to enjoy its benefits, you must wear your night guard every night. If you find yourself clenching or grinding your teeth during the day, you may wear it then also.
- When you are not using your appliance, always keep it in **water** to prevent warping.
- If you were given a **Thermoplastic night guard** (soft inside) soak the appliance under warm water and then place in your mouth at night.
- At first you may wake up and discover that you have removed the appliance while you were asleep. It may be on the floor, the nightstand or buried in the bedding. Don't worry this is completely normal.
- You may also find yourself generating **excessive saliva** during the first few nights of wear. This excess salivation is the body's way of trying to flush out a foreign object. Don't be concerned, your body will learn to accept the appliance, and the excess saliva is only temporary.
- **After wearing** your night guard or occlusal guard for the night you may notice:
  - It binds on a tooth or teeth and in the morning your tooth hurts or feels numb. Call us for a follow up appointment.
  - If you attempt to wear it after it has been "out" for a period of time, you may find it no longer fits. Your teeth have shifted. We need to adjust the appliance
  - If you have any concerns about your appliance, please call our office. We want you to become comfortable.
- **Cleaning:**
  - Rinse it and brush it with toothpaste
  - Every month you may want to use a cleanser such as Polident to help keep your night guard fresh.
  - Your appliance will discolour over time. This is not a problem.
- Remember to **brush and floss your teeth** before placing the appliance in your mouth for the night.
- **Dogs** love to eat night guards or occlusal guards. So be careful to keep it away from them.
- Please bring your occlusal guard with you for all dental appointments so we can examine and clean it for you.
- If you have any questions or problems please **call us at 303-988-6860**.