

# Eggert Family Dentistry

[www.eggertfamilydentistry.com](http://www.eggertfamilydentistry.com)

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## Occlusal Guard Care Instructions

- It is normal for the occlusal guard to feel tight on your teeth when you first place it in your mouth. This feeling will subside after a few minutes.
- It is normal for the occlusal guard to feel awkward the first few nights you wear it and in fact, you may find it is not even in your mouth the first few mornings. Persistence is important. Most people adjust within the first few days. It may take longer for you. Prepare for increased saliva for a few days.
- Breathing through your nose is helpful while wearing your occlusal guard.
- Use the denture cleaning brush and water to clean your occlusal guard in the morning. It is best to avoid using toothpaste, as this can be too abrasive for the plastic material the occlusal guard is made of and will cause unwanted abrasion of the guard over time. You can also brush with mouth wash or antibacterial soft soap.
- Use a denture cleaning tablet (like Efferdent) at least once a week to clean the occlusal guard. Soak no longer than 20 minutes and rinse.
- Store the occlusal guard in its case after it dries to keep it out of sunlight.
- Occlusal guards make great chew toys for your pets. Remember to keep your occlusal guard safe by storing it in its case, away from where your pets can get into it.
- Please bring your occlusal guard to your cleaning and exam appointments so we can evaluate it and clean it in our ultrasonic cleaner.
- The occlusal guard is plastic, and will melt if left in a car on a hot day.