



Post-op Instructions for Nightguard Scan

Proper care and maintenance of an occlusal guard (also known as a night guard or dental splint) are essential to ensure its longevity and effectiveness in protecting your teeth from fractures, decay, and stress. Here are important care and instructions for the use and care of the appliance.

Wearing the Occlusal Guard

Consistency:

Wear the occlusal guard as directed by our team, usually during sleep or as advised. Consistency is key for effective protection.

Insertion and Removal:

Use both hands to insert and remove the guard to avoid distortion or breakage.

Cleaning and Maintenance

Daily Cleaning:

After each use, rinse the occlusal guard under cool water to remove saliva and debris.

Brushing:

Use a soft toothbrush and a mild, non-abrasive toothpaste to gently brush the occlusal guard. Do not use hot water, as it can distort the guard's shape.

Avoid Harsh Chemicals:

Avoid using harsh chemicals, bleach, or alcohol-based solutions for cleaning, as they can damage the material.

Soaking:

Soak the occlusal guard in a denture cleaner, retainer cleaner is enough for daily cleaning.

Storage:

Store the occlusal guard in its provided case when not in use. Keep the case clean and dry to prevent bacterial growth.



General Tips

Regular Checkups:

Bring the occlusal guard to your regular dental checkups. We will assess the devices fit and make any necessary adjustments.

Replacement:

Over time, occlusal guards can wear down or become less effective. Our team will recommend when it's time to replace your guard.

Keep Away from Pets:

Keep the occlusal guard out of reach of pets, as they might see it as a chew toy.

Avoid High Temperatures:

Do not expose the occlusal guard to direct sunlight, hot water, or high temperatures, as it can warp the material.

Avoid Chewing:

Do not chew gum or eat while wearing the occlusal guard.

Symptoms to Watch For

If you experience any of the following symptoms, please give the office a call.

1. Persistent discomfort or soreness when wearing the occlusal guard.
2. Difficulty inserting or removing the guard.
3. Signs of wear, cracks, or damage to the guard.

Remember, following proper care and instructions will extend the life of your occlusal guard and help ensure its effectiveness in protecting your teeth from clenching or grinding.