OCCLUSAL GUARD
Removable dental appliance, which is designed to minimize the effects of clenching and grinding.

Care for your guard:

1. Wear your appliance at night or during activities where you notice clenching or grinding occurs.
2. Keep the splint and your teeth clean. Daily cleansing is necessary to avoid mouth odor and tarter build up on the appliance.
3. Use a denture brush along with water or hand soap.
4. Keep appliance in a case when not in use. They are easily misplaced due to the clear color.
5. If your mouth becomes irritated for any reason, call the office for an appointment.
6. Please bring the occlusal guard to ALL dental appointments.