

***Congratulations for choosing to protect your teeth
by wearing your occlusal guard nightly!***

Cleaning:

- DO NOT soak or clean your occlusal guard in mouthwash, denture cleanser, hot water or place in direct sunlight.
- Rinse well with **cold water** before and after use and store dry.
- Clean the occlusal guard with cold water and dish or antimicrobial soap water and use a toothbrush to clean out the grooves daily after wearing.
- If your occlusal guard becomes loose, tight or causes discomfort, don't hesitate to contact us.

Use and Storage:

- Oral hygiene is important when using your occlusal guard. Remember to brush and floss your teeth and to rinse your mouth before inserting your occlusal guard.
- Seat your occlusal guard from back to front each night before going to bed.
- Keep out of reach of pets.

Dr. Marion recommends bringing your occlusal guard to each cleaning appointment. We will give it a deep clean in our ultrasonic and be sure that it is fitting you well.

This guide, along with others, can be found at mmSmileCenter.com under the "Patient Resources" tab.