

Occlusal Guard Instructions:

Frequent headaches, earaches, sensitive teeth, worn enamel, and fatigued jaw muscles can all be a result of grinding and/or clenching your teeth. Bruxism (grinding of the teeth) can also worsen the effects of periodontal disease, cause bite issues, and pain or misalignment of the jaw (TMJ). By wearing an occlusal guard at night, you can prevent further damage to the teeth, alleviate pain, and allow for a more restful sleep.

Wear your occlusal guard every night and/or any time you find that you are clenching or grinding your teeth. Some people find it helpful to wear it while they are concentrating intensely on something. (driving, studying, etc.)

You may find it more comforting to wear the appliance for an hour or so before you go to bed so your mouth gets used to having the appliance in.

To avoid damage to, or loss of your appliance, always store them in their container/box when it is not being worn. Never wrap up in a napkin or leave the appliance lying around. Pets love these appliances as a chew toy!

To clean your occlusal guard, brush the appliance with a clean toothbrush (no toothpaste). Toothpaste has abrasive particles in it, which may scratch the appliance, thus accumulating bacteria. Never soak the appliance in mouthwash, especially if it has alcohol in it. Alcohol can dry out the appliance, making it more brittle and prone to breaking. If you feel it to be necessary, you may occasionally rinse (never soak the appliance overnight or for an extended period of time) with an alcohol free mouthwash.

Bring your appliance with you to your checkup and cleaning visits so that we may clean it for you in our ultrasonic cleaner.

Please do not hesitate to call the office with any questions or concerns. If you feel you need any adjustments (your bite feels off or teeth feel tight anywhere, etc.) please call the office to make an appointment for an adjustment.



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