



## POST-OPERATIVE INSTRUCTIONS

# Occlusal / Night Guard

Preventative Care · Cisco Dental — Dental Fitness

Your custom guard protects your teeth, muscles, and jaw joints from the heavy forces of grinding and clenching (bruxism). Worn as directed, it absorbs the wear that would otherwise fall on your enamel and restorations.

### ★ A note from Dr. Donald

- In addition to these general instructions, Dr. Donald will give you his own post-operative instructions — including exactly how and when to wear this guard — verbally, tailored specifically to you and your bite.
- Those personalized instructions are given in person and are not written here. Follow them; they take priority for your individual case.

### Wearing your guard

- Wear it as Dr. Donald instructed. It may feel bulky or make you produce more saliva for the first few nights — this passes as you adjust.
- Mild tooth or muscle soreness when you first wake is common early on and usually settles within a week or two.
- Insert and remove the guard with your fingers, never by biting it into place.

### Caring for your guard

- Rinse it in cool water after each use and brush it gently with a soft toothbrush (no toothpaste, which can scratch it).
- Store it dry in its ventilated case, away from pets and out of hot places — heat and hot water warp it.
- Bring it to your dental visits so we can check its fit and your bite.

### When to call us

- Call (254) 442-2000 if the guard causes a sore spot that does not settle, feels loose or ill-fitting, cracks, or if jaw pain increases rather than improving.