

Home Care for Bite Guards

- 1) You have just received a plastic appliance that is designed to protect your teeth and attempt to relieve muscle tension and TMJ (jaw joint) pain.
- 2) Brush and floss before using your appliance, and wear as directed by your dentist.
- 3) Clean in the following way as indicated (circled):
 - After removing it from your mouth in the morning, brush it with soap and warm water only
 - DO NOT soak the bite splint in mouthwash, denture cleaner, or alcohol.

OR

 - After removing it from your mouth, brush it with a toothbrush and toothpaste on all sides, then rinse
 - You may clean it daily, once every week or two with Efferdent/Polident denture cleaner.
 - a) DO NOT place the appliance in hot or boiling water or expose to excessive heat (such as direct sunlight). This may distort the appliance.
 - b) The first week will be an adjustment period if you have never worn an appliance before. It may be awkward to you, but please try to use it as directed.
 - c) You may be asked to come in for a follow up appointment to see if the appliance needs any minor adjustments. Please let your dentist know if anything is rough or irritating to your tissues or if you are unable to wear the appliance for any reason.
 - d) Call our office if you experience any severe headaches or muscle soreness as the appliance may need some more adjusting.
 - e) **Bring your bite guard to every dental appointment.** At your hygiene appointment we will clean it and check its fit for you.

Please call our office if:

- a. you experience any increase in muscle soreness or headaches
- b. the surface feels rough as you move your teeth together
- c. the appliance does not stay in place



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