

POST-OPERATIVE INSTRUCTIONS FOR NIGHT GUARDS

- 1. The night guard should be worn to bed each night.**
- 2. The night guard should be stored in a plastic container with water when you are not wearing it.**
- 3. The night guard should be brushed each day after you wear it.**
- 4. If you have any restorative dental work done in the future, please bring your night guard with you to the appointment. It may need adjusting after the restorative work.**
- 5. Call the office immediately if:**
 - Your bite feels off**
 - You have any tightness in the jaw that feels abnormal**
 - You are having problems with your TMJ (Temporomandibular Joint)**
 - The night guard feels too tight or bulky**
 - Any questions at all regarding the night guard**
- 6. There is no charge for adjustments or relines within the first year of delivery or after restorative work. After the first year, if any relines are necessary, a minimal fee will be charged.**
- 7. Keep out of the reach of dogs; they will use it as a chew toy.**