

Occlusal Guards

Congratulations! You have been fitted with a custom made occlusal guard to help treat your TMJ symptoms. Please read the following carefully as it will answer most questions you may have in regards to its purpose, use, care and expectations during treatment.

Purpose

-Your occlusal guard will allow your joints and muscles to function more smoothly. It will allow the jaw to find its best position because the guard prevents the teeth from locking together and the muscles from fully contracting. It should reduce muscle spasm and tightness, clenching habits, jaw/joint pain, tooth wear, and cracked fillings and teeth.

Instructions

-Wear the occlusal guard as instructed, which is usually during sleep. You may also be advised to wear it during the day, especially when you are tense and find yourself clenching and grinding. Please insert the appliance with finger pressure only, never bite it into place. When removing it pull on clasps only, never pull on front wire. Always remove the guard for eating or snacking.

-Do not clench your teeth on the occlusal guard because this may cause muscle spasm or pain. Make a conscious effort to keep your teeth apart even when you are not wearing the guard.

-Your new guard is easy to maintain. It is non-porous and will not absorb any stains or odors but you may have some accumulation of plaque, debris and stain on the surface. Clean both sides of the appliance with your toothbrush and cool water on a daily basis every time you remove it. Remember to brush and floss normally.

-Keep your regular maintenance visits and bring your guard with you. We will check the wear patterns, clean it and make any necessary adjustments at that time.

-Never boil or expose it to high heat as this may distort the acrylic base. Do not use alcohol or alcohol-based products to clean or soak your guard. Many rinses contain alcohol so please read the label carefully.

-Use your storage case to protect your guard when not in use. You can store it wet or dry. Please keep it away from pets.

What to expect

-Excess saliva may be present for a few days. You may find you have removed the guard during the night. Please place it again the following night. Be patient, it may take a couple of weeks before you adjust to wearing the guard.

-When the appliance is removed you may notice that your bite feels different for a few minutes. This is to be expected because of the relaxation of the jaw muscles.

-Even though the symptoms lessen or completely disappear, please continue to wear your appliance to prevent relapse and ensure proper fit and prevent any tooth movement.

-If there is any soreness of the gums, roof of the mouth, or sharpness of the appliance, please contact us in order that we can make the necessary adjustments.