



# Aftercare Instructions: Occlusal Appliance (Night Guard)

## **Insertion and Removal**

Insert your night guard after brushing and flossing, before you go to bed. It usually requires firm pressure to ensure that it is fully seated. Wear it overnight and remove it when you wake up in the morning.

## **Salivation**

When you first start to wear your night guard, you may experience excess salivation. This usually wears off within 14 days of continued wear.

## **Discomfort**

The guard will probably feel very alien to begin with, and you may find it difficult to sleep with. After 14 days of continued wear, this sensation usually subsides.

## **Cleaning and Storage**

After removing the guard, brush it with a toothbrush and warm soapy water to remove all saliva and plaque. Do not use toothpaste as this is too abrasive, and ensure the water is not scalding hot as this may distort the material.

Rinse off the excess soap and store the guard in a cup of clean, cold tap water during the day. The use of denture-cleansing tablets (eg Sterident, Polident Cleanser) is advisable a few times a week to kill bacteria and ensure the guard remains fresh.

## **Metal Fillings**

If the guard sits against metal fillings on your teeth, they may create an area of grey discolouration on the guard. This is not due to any failure of hygiene and requires no corrective action.

**If you have any questions or concerns, please contact the team on  
(07) 5441 3583**