



### **Post Op Instructions for Night Guard**

- It will take approximately three days for your jaw to become adapted to your new appliance.
- Within the first three days you may experience headaches upon waking up. If headaches or jaw pain continues past three days, your guard may need to be adjusted. Please call the office for an adjustment.
- Your guard will feel tight against your teeth for about one week.
- It may take a few weeks to acclimate to wearing your appliance. Sometimes it is difficult getting used to wearing your night guard to sleep, please keep trying to wear it and it will become more comfortable.
- Clean your night guard daily with lukewarm water and antibacterial soap. You can use a cloth along with a Q-tip, and air dry in the case [HOT water will DISTORT your guard].
- Keep night guard away from the sun or anywhere too hot to prevent distortion of the plastic material.
- If you have pets, keep your night guard in the case **in a secure area**. Saliva from the guard attracts animals and they can destroy your guard.
- Always bring your guard with you to your cleanings so a doctor can check the fit and adjust it if necessary.
- Ibuprofen and warm compresses can be used during 1<sup>st</sup> three days to help with soreness.

**\*\*Please note: Your night guard is under warranty for 2 years. If in the event you get it home and it doesn't fit properly or if it is in need of repair please notify our office, we will be happy to repair or make any needed adjustments to your appliance. If in the event you lose it, your pet eats it or it has warped due to exposure to unnecessary heat, the guard will not be covered under warranty and you will be charged full price for a new appliance to be remade.**

If you have questions regarding these instructions, please feel free to call our office at  
(970)393-5128