



**Grayhawk Prosthodontics - Farzam Maleki, B.D.S., M.S., F.A.C.P.  
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## **Occlusal (night) Guard Instructions**

You have been given an appliance to minimize wear on your teeth, stabilize your jaw joint & relax your masticatory muscles.

- This appliance is to be worn at night time only
- It will take time to adjust to this appliance. The first couple of nights, it may feel odd / different.
- You may use a tooth brush / tooth paste to clean the occlusal guard or simply rinse it with water.
- The appliance will discolor over time. Do not use bleach / alcohol or whitening products, as these will destroy the appliance.
- If the appliance causes you pain or discomfort please stop wearing it & call our office.

*Please make sure to bring your night guard with you to any future appointments.*