

BRUXISM APPLIANCE POST OP

INSERTION INSTRUCTIONS

You have just received a new appliance to protect your natural teeth from wear during sleep. Prior to placing this important appliance in your mouth, run it under warm water for a few minutes to prevent cracks or breakage (a cold appliance will break if bent or forced in the mouth or model.)

CLEANING & MAINTENANCE

It is important that you keep your appliance clean to maintain its longevity. On removal, rinse and brush with a soft toothbrush and toothpaste. You can also soak the appliance in a commercial denture cleaner, but not more than 20 minutes once a week. Store your appliance DRY in the container provided (especially if you have a dog, they find these wonderful to chew on.)

IMPORTANT NOTES

Contact your dentist immediately if you feel any discomfort. Always bring your appliance to any dental appointment. A new appliance is sometimes “cloudy”, but it will become clear in 3-5 days. **DO NOT soak in alcohol based solutions/cleaners.**