

Instructions following delivery of an occlusal appliance or nightguard

- It is common to experience some discomfort following delivery of your appliance.
- Please wear your appliance as directed by your dental team.
- Please clean your appliance with a toothbrush, dish soap and water only. Do not use toothpaste, baking soda or bleach to clean your appliance. Using these items may create pores in your appliance which may cause the material to breakdown.
- If your appliance allows, clean with a denture cleaner once weekly as directed. Your dental team will direct you in best practices.
- Your appliance may need adjustments. Please contact us if you're feeling discomfort or pain.

