



## Care of Mouth Following Delivery of Night Guard

1. Your night guard (also known as a bite splint or occlusal splint) may have been prescribed for you to protect your teeth from the damaging effects of clenching and grinding while you sleep. In addition, you may be experiencing pain in your temporomandibular joint or muscles of your face. The nightguard should help relieve these symptoms.
2. In order to realize those benefits, you need to wear your night guard every night. It will take you several nights to a week or more to get completely use to wearing your night guard. Our goal is to help you keep your teeth healthy for a lifetime. Wearing your night guard will help us achieve this goal.
3. Please clean your night guard with a toothbrush, dish soap, and water only. Please do not use toothpaste, baking soda, or bleach as this may cause breakdown of the acrylic of which it is made. You may use denture cleaner once weekly as directed.
4. When you are not wearing your night guard, you can keep it in water mixed with a cap full of mouth wash to keep it tasting fresh. You may also use ½ water and ½ vinegar to help control bacteria in the water. If you store it in water, always empty the container and clean it with soap and water daily.
5. Please bring your night guard to all your dental appointments as we may need to check its fit after dental work has been completed.

Companion Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(If patient uses sedation, companion must sign.)

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