

# norman family dentistry



(405) 321-6506

## **How to take care of your Occlusal Guard**

Brush and floss your teeth, brush your tongue and rinse your mouth prior to use.

Allow the appliance to air dry in its container when not in use.

Always place on clean teeth.

Clean the appliance after use under cold water with a toothbrush, a drop of liquid soap and thorough rinse.

The regular use of Retainer Brite cleaner with a maximum 20-minute soak will help manage any accumulation of minerals or stains.

In normal use, the appliance may vary from crystal clear to mildly opaque.

Removal of the appliance is best accomplished by using equal pull on both sides of your mouth. This will minimize the risk of damage to the resilient portion of the appliance.

Store safely away from pets. They love new chew toys!

If you notice any changes in your symptoms, the appearance of your mouth or gums, or in the appearance of the appliance itself, please contact Dr. Venk at (405) 321-6506.