

**COMPREHENSIVE DENTISTRY OF WESTCHESTER P.C.  
SITKI M DOGUS, DDS, PROSTHODONTIST  
10 CHESTER AVENUE  
WHITE PLAINS, NY 10601  
914-949-8814**

**Use and Care Instructions for Occlusal Guards and Retainers**

Dear Valued Patient,

Congratulations on receiving delivery of your new dental appliance. We hope that you will use it comfortably for years to come. Here are a few tips to maintain them in good shape over time:

- Your appliance is made to separate your upper and lower teeth, and therefore stop or slow your clenching and/or grinding habit, and provide relief. It only works with regular use. Try to wear it consistently. If for any reason you are unable to do so, please return to our office so we can make the necessary adjustments.
- Do not try to eat with your appliance in your mouth.
- Do remove and clean your prosthesis every morning with a toothbrush and toothpaste.
- Do not drink anything other than plain water with your appliance in your mouth
- Do not wrap up your appliance in paper towels, napkins, etc. Keep them in the container we provided for you.
- Do not expose them to direct heat or cold.
- Do not soak them in household cleaners, bleach, soap, or other liquids.
- You may use an effervescent denture cleaner tablet to clean it once daily. You do not need to leave them in this solution the whole day. Once it stops bubbling, you can rinse it with clean water and place in your denture cup with some fresh water in it.
- It does not need to be completely submerged under water. Some water is adequate.
- Be mindful of pets, they love stealing and chewing them.
- Bring them to your cleaning and maintenance visits for evaluation.
- Observe any changes such as appliance getting loose, tight, or unstable. It may be a sign of your prosthesis needing service.

Yours in good health