

NIGHTGUARD HOME CARE INSTRUCTIONS

“What you can do for yourself may be more important than what we can do for you.”

CONTROL MUSCLE ABUSE

- **AVOID SLEEPING ON YOUR JAW**

Try a cervical pillow

- **USE YOUR APPLIANCE AS DIRECTED**

- ☐ Every time you sleep

*When not wearing, clean, then store in water**

- ☐ 24 Hours a day

*Remove only to clean**

* To clean, use toothbrush and/or denture cleanser

- **AVOID CHEWY FOODS**

Ice, raw vegetables, hard crusted bread, apples, and large sandwiches

- **AVOID CLENCHING YOUR TEETH**

“Lips together, teeth apart”

- **AVOID STRENUOUS EXERCISE**

- **DO NOT OPEN TOO WIDE**

- **LIMIT INTAKE OF SUGAR AND CAFFEINE**

Healthy diet, adequate sleep, and exercise

- **APPLY MOIST HEAT/MASSAGE**

Hot towel or hydroculator for 20 minutes, twice a day

- **TAKE MEDICATION AS PRESCRIBED**

- ☐ Aspirin _____
- ☐ Tylenol _____
- ☐ Ibuprofen _____
- ☐ Other _____