

# Bite Guard Care Instructions

**Reference Number:** ULHT-LFT-4127 v1

**Issued:** December 2025

**Review Date:** December 2027

## How to use your bite guard

- Please wear your bite guard every night
- If you notice clenching/grinding during the day, wear it during the day also
- Please be aware there is an adjustment period to wearing the bite guard – it may feel uncomfortable to begin with, but it will become more comfortable with time
- You may notice more saliva when wearing your bite guard initially – after a couple of weeks of wearing it regularly this should improve
- If your bite guard does not fit, do not force it and contact us on 01522 512512, extension 43366
- If you notice any sharp areas, it rubs your gums or your gums become sore, please contact us so that we can provide advice
- Alternatively, your dentist will be able to provide advice or adjust your bite guard
- Please do not wear your bite guard while eating, and make sure to clean your teeth before wearing as it can trap bacteria and food
- Store it somewhere safe – please keep it away from pets and children

## How to clean your bite guard

- Rinse your bite guard in cold water when you remove it
- Please clean your bite guard once a day using cold soapy water and a soft bristled toothbrush. If not done, this can cause decay and bad breath

### Oral and Maxillofacial Surgery

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