

## Post-Op Hard Bite Guard

### Home care instructions for your Hard Bite Guard or Anterior Bite Plane

- Be sure to brush, floss and Waterpik your teeth as instructed by our office before using your bite guard
- NEVER bite your Hard Bite Guard into place! It may break a tooth or scratch your gum tissue
- Always be sure your bite guard is clean of debris before using it.
  - Brush with soft toothbrush and non-abrasive toothpaste
  - Can place bite guard in 50/50 Listerine and water; note that it will turn the color of the Listerine
- Place it over your teeth carefully and insert as shown during your appointment
- Remove the Bite Guard the opposite way that you put it in (ie. Right side in first and left side out first)
- Always bring your bite guard to all your dental appointments to be professionally cleaned and inspected for wear
- Discontinue use if the bite guard breaks or falls out during use. Call our office for an adjustment as necessary
- **If you have any questions or concerns, please contact our office at 410.730.7485**