



# Night Guard Instructions

The night guard appliance is designed to prevent wear of your teeth and trauma to the supporting bone and ligaments. This appliance is also used to relax your jaw muscles and decrease muscle activity, which may result in reduction of pain and tension headaches. The appliance is to be worn every night while you sleep or anytime when you feel like you are grinding or clenching your teeth together (ie. during exercise or when answering business emails).

- Bring your night guard with you to EVERY dental appointment you have.
- It is normal to feel tightness or pressure on the teeth (especially on the front teeth). Excess saliva may be present for a few days. **Please bring it back for adjustment if the appliance feels too tight.** We can easily correct that with a small adjustment to the flanges.
- **You should bring the appliance back for bite adjustment** after wearing it for 3-7 days. Your bottom teeth should hit evenly when you bite.
- If you are having jaw pain, avoid eating tough and chewy foods while your TMJ joints, ligaments, and muscles are healing. **If you ever experience jaw pain after wearing your night guard, call our office for an appointment and discontinue wearing your night guard until we evaluate the problem.**
- Keep your night guard in a dry case when not wearing it. Also, **pets love night guards and will chew it if found.**
- There **are no refunds or returns** on any dental appliance fabricated by our office. There are no guarantees that it will feel comfortable.

## How to Clean Your Night guard:

- When cleaning your night guard, **gently brush it with your soft-bristle toothbrush each morning with tap water and mild toothpaste.** Do not use abrasive toothpaste. It is also safe to wash your night guard with mild soap and water as well.
- For a deeper clean once per week, you can clean your night guard with mouth guard cleaners such as Retainer Brite Tablets Follow the instructions carefully since usage varied by brand. Avoid using mouthwash that contains alcohol to clean your night guard as this can damage and reduce the lifespan of your night guard.

## Tips for avoiding grinding (aka bruxism) during the day:

- ✓ Resting position of the jaw is with 2-3mm of open space in-between the upper and lower teeth.
- ✓ Consciously make sure to always open your teeth and maintain 2-3mm open space between the upper & lower teeth, at all times, when not chewing food or swallowing spit.