night guard

This appliance is commonly used to help stabilize your jaw joints, protect against clenching and grinding, and it will also maintain the current positions of your teeth. The doctor will review the purpose of your appliance with you.

USING YOUR NIGHT GUARD



It is normal for the appliance to feel snug or the teeth to be sore the first few times it is worn. It is important to continue to wear your night guard so that it will work properly.

The doctor will advise you how much to wear your appliance for it to work properly.

Keep your night guard away from pets, they love to chew them!

Your night guard may need to be adjusted to achieve the desired results. The doctor will review the necessity of any future visits with you.

To clean your night guard, you can use a toothbrush and anti-bacterial hand soap. You may want to use a different toothbrush than you use for your teeth to avoid a soapy taste! Do not use toothpaste to clean your night guard, it will scratch the plastic and it will look cloudy. Do not soak it in mouthwash, it will stain your night guard and decrease its life.

Do not place your appliance in the dishwasher or boiling water to clean it. Only use room temperature water when cleaning to avoid distorting it.

Only remove and replace the night guard using your fingers on both sides as we showed you at the office. Biting it into place or using your tongue to flip it in and out may cause it to loosen or break.