

NIGHT GUARD

The purpose of a night guard is to provide a good bite while it is in the mouth. This improvement of the quality of the bite often lowers the level of clenching and grinding. Some people find relief from headaches and neck aches. As well, if you grind your teeth it will be against the night guard, which is plastic, rather than the teeth. It is worn at night, which is the time most people are unaware of clenching and grinding. Tremendous forces can be directed towards the teeth and jaw joints, causing wear and muscle fatigue.

YOUR JAW JOINT MAY CHANGE. As your jaw joint heals, it will change slightly. You may then notice that your lower teeth no longer fit perfectly against the night guard. When this occurs, healing stops and symptoms often recur. Periodic adjustments will keep the night guard in harmony with your jaw joint and will thus provide the greatest possible comfort and most rapid healing.

INSTRUCTIONS

1. **INSERT AND REMOVE CAREFULLY.** Use downward pressure on the cheek side of your back teeth to remove the night guard. The night guard fits snugly to prevent movement. You may have to experiment to find the easiest way to insert and remove the night guard.
2. **WEAR IT EVERY NIGHT.** To be effective, the night guard must be worn every night. If it is left out for extended periods, the upper teeth may move slightly and then, the night guard may not fit. Sometimes it has to be remade, if the teeth have moved too much.
3. **TEETH TENDERNESS.** Your upper teeth may become tender from being confined to the night guard. The tenderness lasts 1-3 days and will not reoccur.
4. **INCREASE IN SALIVA.** You will notice an increase in saliva due to the extra material in your mouth. It does get better!!
5. **KEEPING THE NIGHT GUARD CLEAN.** Be sure to brush your night guard with toothpaste to keep it clean. Also, clean it daily in a denture soak solution such as Polident or Efferdent. Keep in water when not wearing. Add a little mouth wash for minty flavor.
6. **NIGHT GUARD CARE.** Do not expose the night guard to anything hotter than you can drink. It can warp and change shape. **DOGS LOVE TO EAT NIGHTGUARDS. KEEP IN A SAFE PLACE WHEN NOT WEARING.**

