

# Nightguard Instructions

An Occlusal/ Night guard has been prescribed to prevent you from hurting your mouth by tooth grinding.

What are the effects of Teeth grinding (Bruxism):

- Tooth wear
- Chipped teeth
- Fracture lines on the outside of teeth
- Abfraction or U-shaped chips at the gumline that resembles abrasion
- Erosion of gums and supporting bones
- Broken fillings or other dental work
- Worsening of temporomandibular joint (TMJ) problems
- Unattractive teeth

What are the benefits in wearing an Occlusal/ Night Guard?

- Preserve teeth, fillings and other dental work
- Preserve gums and supporting bones
- Prevent temporomandibular joint (TMJ) problems
- Prevent jaw muscle pain and headaches
- Prevent movement of teeth

How to care for your Night Guard:

- Brush and floss teeth prior to placing in Night Guard, use at night or as directed by your dentist
- Clean your Night Guard after each time you wear it. Clean it with cool water and a soft brush. NEVER USE HOT OR BOILING WATER TO CLEAN IT-THIS WILL ALTER ITS FIT & RENDER IT UNSAFE TO WEAR. Mouthwash, mild soap or denture cleaner are non-abrasive and effective for cleaning your Night Guard. DO NOT SOAK YOUR DEVICE IN MOUTHWASH OR DENTURE CLEANER FOR MORE THAN AN HOUR A DAY. DO NOT USE TOOTHPASTE TO CLEAN YOUR Night Guard (it is abrasive and will scratch the plastic).
- Brush and rinse your Night Guard after removing it from its soaking liquid. When not in use, always keep your Night Guard in the container with the top closed.
- Keep your Night Guard away from pets as they have a habit of eating them.
- You are welcome to bring in your appliance to your cleaning appointments and your hygienist will freshen up your appliance in a tartar control ultrasonic bath.