

NIGHTGUARD INSTRUCTIONS

You have been fitted with a Nightguard to reduce the damage caused by bruxism. Bruxism is the clenching and grinding of your teeth that most often occurs while you sleep, but it can occur at any time of day.

Symptoms can include:

- A sore, tired jaw
- Difficulty in opening and closing your mouth
- Sensitive teeth
- Earaches or pain in your jaw joint
- Flattened or worn-down teeth
- Teeth that are chipped at the edges or notched at the gumline (abfraction)
- Loose teeth
- Damage to the bone around your teeth
- Damage to your jaw joint (TMJ)

All the causes of bruxism are not known but stress is often a major factor.

It is important to wear your Nightguard every night to protect your teeth and jaw joint from further breakdown and possible shifting of your teeth. It can take some time to get accustomed to wearing this device so you may want to wear it for an hour or so before you actually go to bed. If you take it off during the night, keep it safe from children and pets and just wear it again the next evening.

Your Nightguard was designed and made to have a passive fit and may have been adjusted on the day it was given to you. However, if after a few days it feels tight, please call our office and we will schedule an appointment for an adjustment.

To clean your Nightguard:

- You may use your toothbrush, with a drop of toothpaste, to brush it clean.
- Keep your Nightguard in the retainer case provided to you.
- Keep your Nightguard and your retainer in a safe place and out of the reach of children and pets.
- Once a week, you want to soak it in water and drop in a denture cleaner tablet (Efferdent, store brand or generic). When the fizziness stops, rinse it clean and place it in the retainer case.
- You can also clean it in your dishwasher. Run a regular cycle and make sure to place it in a closed basket so it will not fall out and possibly land on the heating element and melt your Nightguard.