

Nightguard Care Instructions

Dental nightguards are an effective, non-invasive treatment for a condition called bruxism, or teeth grinding and clenching. A custom-fit oral appliance will provide the best comfort and protection available.

Nightguards, also called bite splints, prevent the surfaces of your teeth from grinding together, causing you to chip and crack your teeth and strain your jaw muscles. Nightguards are designed to fit over all your teeth either your top or bottom arch and is fabricated out of a material most appropriate for your level of clenching/grinding.

You may experience an initial adjustment period to your new nightguard. If you experience prolonged discomfort, if the guard falls out regularly during use, or you experience increased jaw joint (TMJ) pain, please contact your dentist for a reevaluation of the fit. Do not wear a broken nightguard as this may increase the risk of unintentionally swallowing the appliance.

While your custom nightguard provides excellent protection of your teeth, it may not completely relieve jaw pain and will not protect your teeth against daytime clenching/grinding, when the nightguard is not in use. Additional therapy may become necessary and/or a different appliance may need to be fabricated.

Care Instructions:

- ALWAYS transport the nightguard in a sturdy container that has vents
- NEVER leave the nightguard in the sun
- ENSURE that your nightguard is out of reach of pets
- NEVER leave your nightguard in the car
- Do NOT place in dishwasher or use bleach to clean your nightguard

Cleaning Instructions: After wearing the nightguard overnight, remove and then clean with toothbrush and mild soap. Your nightguard can be soaked in retainer cleaner or Listerine.

Please bring your nightguard to all dental appointments, so your appliance can be professionally cleaned and evaluated for adequate fit and quality.