Night Guard Care Instructions

Your night guard was custom made for your mouth to help protect your teeth from the damaging forces caused by grinding (bruxism) and clenching. This habit is often a night-time habit and is strongly linked to stress. It is also sometimes a side effect of a medication. If you are a day-time grinder or clencher, you are welcome to wear your night guard during the day as well.

# Other helpful tips for grinding/clenching:

1. Reducing stress in your life
2. Nightly jaw muscle massage and moist heat application
3. Practicing good posture for better jaw alignment
4. Becoming more consciously aware of when you are grinding or clenching during the day

# The night guard functions in four ways:

1. It acts as a softer barrier than your teeth between them to prevent tooth wear.
2. It provides a smoother/stable glide path for your teeth than your natural bite, which prevents catching edges and fracturing teeth.
3. It keeps your jaw in a more natural rest position (with your teeth slightly open), preventing excess pressure and arthritis in the jaw joint.
4. In many cases, it PREVENTS grinding due to your body recognizing the hard foreign object, and releasing pressure

# What to expect

1. It will take at least two weeks for your jaw to accommodate to your new night guard. Give it time – you may salivate more and experience some jaw soreness at first – this WILL subside
2. You should start feeling relief in two weeks – if not, call your dentist to have a re-evaluation.

# How to Care for Your Night Guard

1. **DON’T** put it in the dishwasher, use bleach or any commercial mouthwash or toothpaste on your night guard – these will stain and abrade your night guard over time
2. **DO** use an approved denture solution (Like polydent) or a mild soap if you notice build-up forming inside the night guard and a denture brush and water to clean it out before placing and after taking it out of your mouth
3. At your regular dental check-up’s, bring your night guard with you to have your bite evaluated as your bite may change over time, especially if you are grinding on your night guard