

NIGHT GUARD CARE AND MAINTENANCE

The purpose of your Night Guard is to prevent bone loss, sensitivity, tooth wear and fractures of your teeth and restorations caused by clenching and grinding. It is designed to keep your teeth from coming in contact while you sleep. This allows the lower jaw to return to a comfortable position without interference from your bite. It is very important that you wear it every night. With proper care your Night Guard should last many years.

ADJUSTMENT PERIOD:

Like anything new, your Night Guard will require an adjustment period before you are comfortable wearing it. At first, your Night Guard will taste like plastic for a few days and so will your food. It may cause you to salivate more than usual or give you dry mouth. It will probably feel very bulky and uncomfortable. Don't become discouraged. Start slowly, During the first week wear your Night Guard around the house for a few hours. If you notice that any of your teeth feel sore, contact our office for a simple adjustment.

Once you feel comfortable wearing your Night Guard during the day for a few hours without problems, you are ready to try it at night.

MAINTENANCE:

- **DO NOT** soak in mouthwash, denture cleaner, hot water or place in direct sunlight. Clean appliance with soap and warm water **ONLY!**
- Rinse well with water before and after use and store dry in the case provided.
- Do not wrap it in a napkin or put it in your pocket or purse without the case.
- If it becomes loose, tight or causes you discomfort, contact us immediately.

Bring your Night Guard to your maintenance appointments and we will put it through the ultrasonic cleaner. Be sure to bring your Night Guard to any restorative appointments so that we can adjust your Night Guard to fit around your new filling or other restorations.

Night Guards will discolor and scratch over time. This is not a problem. You may also notice signs of wear and cracking. We will inspect your Night Guard at your maintenance appointments, and recommend replacement as needed.

If you stop wearing your Night Guard for a prolonged period, your teeth may shift and your Night Guard may no longer fit, requiring an adjustment or replacement.

Pet Owners Beware! Night Guards make great chew toys. Please store yours accordingly.

IF YOU HAVE ANY QUESTIONS OR EXPERIENCE A PROBLEM, PLEASE CALL US AS SOON AS POSSIBLE.