



Care and Instructions for Night Guard/Occlusal Splint/ Retainer

Why do I need a Nightguard? A Nightguard is an acrylic dental appliance worn over the teeth while you sleep. It protects the biting surfaces of your teeth from abnormal wear and helps balance your jaw joints and the forces of your bite. Your nightguard may feel bulky or unusual at first. You may unconsciously take it out at night because of the unfamiliar feeling. Most people adapt to wearing a Nightguard within a few weeks and often find they sleep better with the appliance than without it.

Daily Care

- Brush your teeth in the morning & before bedtime, follow your homecare recommendations.
- Place your appliance gently onto your teeth applying pressure equally on both sides.
- In the morning, remove your appliance by gently prying away from your teeth with your fingers. Try to apply equal pressure to both the right and left sides
- Keep it clean: Brush gently with liquid hand soap and warm water. Denture cleaning tablets dissolved in water can be used periodically.
- Store in a clean, dry container when not wearing-away from your pets!

Tips

- Exposure to extreme heat may distort shape
- Do not boil in water, soak in bleach, or run in the dishwasher
- Avoid soaking your appliance in mouthwash- it may discolor it

Points to Remember

- Your night guard/splint is an appliance custom fit to your teeth.
- You should wear your Nightguard every night, unless told otherwise by your dentist. Bringing your nightguard to your re-care appointments allows your dentist to examine it and assess its effectiveness.
- Inspect your night guard regularly for signs of excessive wear and tear.
- Failure to wear your night may result in excessive wear and/or fracture of your teeth that may require additional dental treatment
- Failing to regularly wear your night guard may result in shifting/drift of your teeth to a degree that your night guard may no longer fit properly.
- Please bring your night guard with you every dental appointment so that it may be inspected by us and professionally cleaned. Please call our office right away if you have any questions or misplace your appliance.