NIGHT GUARD INSTRUCTIONS

A night guard is designed to protect your teeth from wear that results when you clench and grind your teeth excessively. It protects the jaw joint from being overloaded and in some people it can also help relieve the muscle tenderness that is commonly associated with clenching and grinding.

Please find further information regarding clenching and grinding teeth under our "Dentistry" tab.

- Your dentist will show you how to insert and remove your night guard. Initially you may find it difficult to remove as it is such a close fitting appliance.

- When you first receive your night guard it may feel a little tight and you might find you wake up with sensitive teeth.

- For the most effective results, wear the night guard every night. The tight feeling will ease with time. If you forget to wear it, the tightness will return.

- Initially, the night guard may disturb your sleep, or you may find it outside of the mouth in the morning. As you get used to it you will be able to sleep comfortably.

- Clean the night guard before you insert at night and when you remove it in the morning. Use a *soft* tooth brush with cold soapy water. **Do not rinse with warm/hot water** as it will distort.

- Store the night guard in the container provided during the day.

- If you notice a white build up beginning to form, soak the night guard in 25:75 dilution of white vinegar to water during the day and brush thoroughly in the evening.