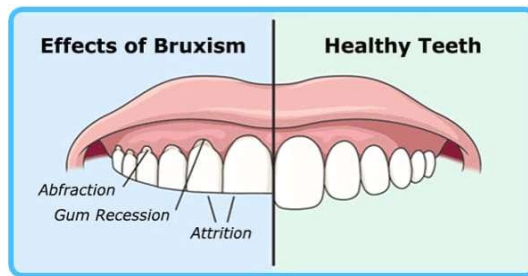


Night Guard

What is a Night Guard: A Night Guard is a device used to counter the effects of Bruxism. Bruxism is a dental condition that displays through symptoms of teeth clenching or grinding, oftentimes while sleeping.

The most common causes associated with bruxism are being under unusual stress, anxiety or tension. Additional factors that have been attributed to bruxism include misaligned teeth, sleep positioning, posture or diet.

This treatment is used to keep your teeth from contacting while you sleep and to allow the lower jaw to return to a comfortable hinge position without interference and guidance from the teeth. It is essential that you wear your night guard every night. You may also wear it during the day if you find yourself clenching or grinding your teeth.



Potential Benefits of a Night Guard:

- Reduce the risk of damaging teeth
- Reduce headaches and jaw injury
- Prolong the life of your teeth by reducing detrimental wear on teeth

What to expect/Care for your Night Guard

- Night Guard should fit securely but not too tight
- Minor soreness, excess saliva, and minor tissue irritation are common during adjustment period

Night Guard should be cleaned with soap and water after each use

Notify our office if:

- Guard is loose or breaks
- Jaw pain increases