



Night Guard Home Care Instructions

The occlusal nightguard appliance is designed to prevent wear of your teeth and trauma to the supporting bone and ligaments. This appliance is also used to relax your jaw muscles and decrease muscle activity, which may result in reduction of pain and tension headaches. The appliance is to be worn every night while you sleep or anytime when you feel like you are grinding or clenching your teeth together (ie. during exercise).

- **Bring your night guard with you to EVERY dental appointment you have.** At your cleaning appointments we professionally clean and evaluate it at no charge to you.
- When cleaning your night guard, use only cool water. Hot water can distort the shape rendering it unusable. Brush your appliance each morning with tap water and/or Listerine, not toothpaste. Toothpaste can cause microscopic scratches trapping odor causing bacteria in your appliance.
- Excess saliva may be present for a few days.
- You should hit evenly where your teeth come into contact with the night guard. If your bite becomes uneven or divots are worn into the biting surface of the night guard, call us to schedule an adjustment appointment.
- When your night guard is removed from the mouth, you may notice that the "bite" of your teeth feels different for a few minutes. This is to be expected because of the relaxation of your lower jaw and muscles.
- If you are having jaw pain, avoid eating tough and chewy foods while your TMJ joints, ligaments, and muscles are healing. If you ever experience jaw pain after wearing your night guard, call our office for an appointment and discontinue wearing your night guard until we evaluate the problem.
- Keep night guard in a moistened case when not wearing it. Also, pets love night guards and will chew it if found.

Please contact our office at 720-684-5477 with any questions or concerns.