



Our Mission: The Dental Health Care group is committed to extraordinary and thorough service. We want to educate our patients so they can make informed choices. We use state of the art technology so that patients can have and maintain a beautiful and healthy smile.

Why & How to Wear Your "Night Guard"

Your occlusal splint or "night guard" will allow your jaw joints and muscles to function more smoothly. It will allow the jaw to find its best position because the splint prevents the teeth from locking together. It should reduce muscle spasm, clenching habits, jaw joint pain; teeth damage & wear, and cracked teeth.

Wear your nightguard as instructed, which is usually during sleep. You may have been advised to wear it during the day also, especially when you are tense and find yourself clenching and grinding - check yourself!

Initially place the guard in your mouth one hour before you go to sleep. You may find you have removed your guard during the night. Do not worry about this. Place it in your mouth again the next night. It may take a couple of weeks before you adjust to wearing the guard.

When the occlusal 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 muscles. If your bite continues to feel "off" please notify us as you may need a bite adjustment to help maintain the balanced bite your nightguard provides.

Maintenance:

- **Brush and floss your teeth before inserting your guard.**
- **Brush the guard after where with a toothbrush and toothpaste.**
- **Soak your guard in full strength hydrogen peroxide for 30 minutes once per week.**
- **Always store your guard in its case - animals love them and if you lose it there is a large lab fee for its replacement.**

Wear your bite guard every night - make it a habit and you will preserve your teeth for many years to come.

Bring your guard to your follow up visits and all check ups!