



Night Guard Homecare Instructions

Why a night guard?

You have been given a night guard because we have either noted signs of wear on your teeth or you are having TMJ (Temporomandibular joint) symptoms that are most often caused by bruxism (night time grinding). Wearing a night guard can sometimes break this habit but its purpose is to protect the teeth by separating them by a few millimeters. This separation also helps the TMJ by protecting the meniscus (joint disc) from further wear and tear. However, this device does not stop you from grinding.

How to wear your night guard?

- Your teeth should be brushed and flossed prior to wearing your night guard.
- Run night guard under hot tap water to soften the thermoplastic acrylic for 5 – 10 seconds. If your tap water is less than 76 C then put a half mug full of water into microwave for 1 min then soak the device in there for 5 seconds before wearing it.
- Make sure you seat the night guard on your teeth with your fingers and thumbs (Do not bite down on it until it is fully seated).
- Wear it overnight and every night.

Cleaning and Storing your night guard

- Do not use toothpaste on your night guard. Brushing the inside and outside surfaces with your toothbrush and running water is enough.
- If you find the night guard is developing a film due to the mineral in your saliva you can use a foam cleanser like Polident Denture Fresh Cleanse or soak the night guard in some water with a Polident tablet. You can soak the device with household bleach for disinfection every week for 20 minutes each time.
- When you are not wearing your night guard, be sure to keep it in its case. Store it dry and keep it away from pets since they love the smell of saliva.

What to expect from your new night guard

- Be prepared to dislike your night guard for the first few weeks. It takes time to adjust to something new in your mouth.
- Initially you may have to wear it for a few hours before going to bed for your muscles to get used to it. Gradually start wearing it longer and longer at night until you wear it all night.

