

PATIENT FACT SHEET: NIGHT GUARD INSTRUCTIONS



dcp
DENTAL CARE PROFESSIONALS

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 can also help relieve the muscle tenderness that is commonly associated with clenching and grinding.

- *Your dentist will show you how to insert and remove your night guard.*
- *Your night guard is an appliance custom fit to your teeth only.*

Wear every night

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 regularly

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.

*Prior to placement in the mouth
Brush and floss your teeth
Clean and rinse*

Store safely

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

Do not:

- *Expose it to heat that may distort shape*
- *boil in water*
- *leave in hot, sun-exposed area*

Important:

- It is important to wear your night guard often in order to keep your teeth aligned in a stable position.
- Failure to wear your night guard may result in excessive wear and/or fracture of your teeth that may require extensive dental work to repair.
- Your night guard will eventually wear thin, chip or break and will need replacement.
- Please bring your night guard with you to most future dental appointments so that it may be inspected by the dentist.

*If you have any queries or concerns, please contact the team at Dental Care Professionals on 8232 3280.
<https://www.dentalcareprofessionals.com.au>*