

Night Guard Instructions

The night guard 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 or when answering business emails).

- Bring your night guard with you to EVERY dental appointment you have.
- When cleaning your night guard, **brush your appliance each morning with tap water and toothpaste.**
- Excess saliva may be present for a few days.
- It is normal to feel tightness or pressure on the teeth (especially on the front teeth). **Please bring it back for adjustment if the appliance feels too tight.** We can easily correct that with a small adjustment to the flanges.
- **You should bring the appliance back for bite adjustment** after wearing it for a 3-7 days. Your bottom teeth should hit evenly when you bite.
- 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 your night guard in a dry case when not wearing it. Also, **pets love night guards and will chew it if found.**
- There **are no refunds or returns** on any dental appliance fabricated by our office. There are no guarantees that it will feel comfortable.
- **Tips for avoiding grinding (aka bruxism) during the day:**

Resting position of the jaw is with 2-3mm of open space in-between the upper and lower teeth.

Upper teeth & lower teeth must not touch at all, except when chewing food & swallowing spit.

Consciously make sure to always open your teeth and maintain 2-3mm open space between the upper & lower teeth, at all times, when not chewing food or swallowing spit.

Please contact our office with any questions or concerns.

Reston Town Center Dental - 703.956.9444 // Reston Family Dental Center - 703.495.3333