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**STONYDELPH DENTAL PRACTICE**

**ADVICE FOR NIGHT GUARD**

A night guard is designed to protect your teeth from bruxism. Bruxism is a dental condition that results when you clench or grind your teeth excessively, generally whilst sleeping. It protects the jaw joint from being overloaded and can also help relieve the muscle tenderness that is commonly associated with clenching grinding. The most common causes associated with bruxism are being under unusual stress, anxiety, or tension. Other factors that may result in bruxism include misaligned teeth, sleep positioning, posture, or diet.

* 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 we advise that you wear your night guard every night. If you are finding that you are grinding your teeth during the day, then we recommend where possible to wear your night guard during the day too. In the beginning you may find that it is a tight fit, this will ease over time. Due to this 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

Before wearing your night guard at night, ensure that you brush and clean your teeth including in between the teeth with your regularly appliance, floss, tepee brushes etc. We also recommend you clean your guard before you wear it and after you remove it in the morning. To clean all you need to use is a soft tooth brush and cold soapy water.

You can also purchase *Retainer Brite f*rom reception for a more enhanced clean by following the instructions on the box

*Do not rinse with warm/hot water as this can distort the shape.*

Store Safely

Keep your night guard in a container during the time you don’t wear it and keep it out of reach of children and pets.

DO NOT:

* *Expose it to heat that may distort shape*
* *Boil in water*
* *Clean in bleach*
* *Leave in hot, sun-exposed area*

Please be aware that this may not always rectify the issue. We advise that you keep up with your regular check-ups and may be asked to come in for a review to ensure that a night guard is the correct treatment for you.