



HELENA FAMILY DENTISTRY

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Instructions for the Use of Your Night Guard

-It may take a little time for you to get used to your night guard, but we recommend that you wear it every night

-It is common for some teeth to feel a bit sore after the first couple nights of wearing the night guard

-After each use, rinse your night guard with cool water. You may use a toothbrush and liquid soap to clean it several times a week, but do not use toothpaste to clean it because it is too abrasive

-Every 6 months or so you can soak your night guard in a solution of half bleach and half water for one minute

-When your night guard is not in use, it should be stored dry in its case. Pets, especially dogs, like to use them as chew toys and can destroy them

-Let us know if you feel like the night guard needs to be adjusted. Sometimes if the night guard is causing discomfort or feels too bulky to wear, adjustments can make a big difference. Over time clenching and grinding will wear "pot holes" in the night guard and they can be smoothed if brought into the dental office.

-It is important to continue breathing through your nose while wearing a night guard. If this is a problem, refer to our "Nasal Breathing Therapy" handout for tips on how this can be accomplished

-If you feel like your clenching/grinding or jaw problems get worse while wearing a night guard, please let us know