

Lexington Dental Care

Post-visit instructions

Your nightguard is made of a resin material that is hard yet softer than your teeth. Therefore, if you continue to grind or clench, with your nightguard in place, you will wear it and not your teeth!

The goal of the nightguard is to protect your teeth and jaw joint from the damaging forces when you clench or grind your teeth. Wearing the nightguard during the day may help you become aware of the grinding or clenching habit. You should wear it whenever you think you might be clenching or grinding.

The nightguard will need at least two adjustments, and possibly more to refine the bite on the guard so that it is evenly balanced. Having an even bite will help your biting muscles to relax, reduce tooth sensitivity and help the jaw joint find its comfortable position.

To clean your nightguard, you may brush it under running water, with a stiff brush. Rinse and leave it wet in its case. If there is staining or build up on your nightguard, soak it for 15 minutes in a 1:1 mixture of white vinegar and water or use Dr. B's appliance cleaner before brushing it. For more stubborn stains and build up, you may soak it over night before cleaning. Remember to clean the case as well. Bring your nightguard to be cleaned at your dental cleaning appointments and to be adjusted following any fillings or crowns.

DO NOT WEAR THE NIGHTGUARD IF IT CAUSES ANY PAIN!

Call to have it adjusted before you try to wear it again.

Should you have any questions please don't hesitate to call us!

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