NIGHTGUARD

A Nightguard is an acrylic dental appliance worn over the teeth while you sleep. It protects the biting surfaces of your teeth from abnormal wear and helps balance your jaw joints and the forces of your bite.

Frequently Asked Questions

1. **Why do I need a Nightguard?**

   Nightguards are needed to protect you from bite disorders, such as clenching and grinding, which may lead to abnormal tooth wear, muscle pain and temporomandibular joint disorders [also known as TMJ disorders].

2. **How is my Nightguard made?**

   Impressions are taken of your teeth and your Nightguard is custom made out of dental acrylic in a dental laboratory. On delivery of your Nightguard, your dentist carefully adjusts and balances it to your support your bite and jaw.

Worn teeth from grinding

3. **What is it like to wear my Nightguard?**

   Your Nightguard may feel bulky or unusual at first. You may unconsciously take it out at night because of the unfamiliar feeling. Most people adapt to wearing a Nightguard within a few weeks and often find they sleep better with the appliance than without it.

4. **How long do I need to wear my Nightguard?**

   You should wear your Nightguard every night, unless told otherwise by your dentist. Bringing your nightguard to your re-care appointments allows your dentist to examine it and assess its effectiveness.

Nightguard to protect teeth

5. **How do I care for my Nightguard?**

   Clean your Nightguard every time you clean your teeth. Gently brush your appliance with a small amount of toothpaste on your toothbrush and rinse with warm water. Any time the Nightguard is out of your mouth, keep it safe in its retainer box. To help prevent staining, leave your Nightguard in a 1:1 solution of white vinegar and water while it is out of your mouth.

6. **What will happen if I choose not to wear my Nightguard?**

   If you choose not to wear your Nightguard, your teeth will be at risk for continued night time wear.

   Also, tooth sensitivity may increase, your jaw muscles may become progressively more sore and jaw joint problems may worsen over time.

Nightguard to protect teeth