

## Night Guard Post Operative Instructions

### Night Guard Therapy

Night guard therapy encourages your lower jaw to function more harmoniously. It is an orthopedic appliance that helps reposition your lower jaw and provide protection for your teeth.

- Consistent night time wear is recommended.
- Don't bite against the appliance. Allow your muscles to relax and let your jaw hanging in a neutral position. If you find yourself clenching, take a deep breath and relax.
- It takes a few days or more to get used to sleeping with it. A positive "I will get used to it!" attitude goes a long way.
- Be aware of your jaw during the day. If you find certain stressful daytime activities cause you to clench, feel free to wear your night guard for those activities.

### Insertion:

1. Brush and floss your teeth thoroughly.
2. Brush and rinse the inside and outside of the night guard.
3. Warm in warm water for 10 - 30 seconds to soften,
4. Place into your mouth by pressing up with even pressure using your thumbs. (Do not bite it into place.)

**Removal:** Remove by teasing the night guard down with your index fingers.

**Care:** To prevent your night guard from harbouring dental plaque and promote tooth decay, please ensure cleanliness of your night guard. Typically you can expect to get years of use from your night guard if properly cared for.

**In the morning and at night,** brush well with a toothbrush and antibacterial soap.

**When not in your mouth,** brush and rinse before storage in its case. Keep it moist by wrapping it in a damp paper towel.

**On a monthly basis,** use a denture soak cleanser such as Polident to keep it fresh.

**When visiting the dentist,** bring your night guard. We can ultrasonically clean it and we can readjust it to reflect any new dental work that has been done.

**If you suffer a high rate of dental decay,** fluoride-containing rinses or gels can be placed in your night guard once per day.

If you have any further questions or concerns please do not hesitate to contact our office at (604)-732-1383.