

Occlusal / Night Guard Patient Information

Congratulations on taking a preventive step in protecting your teeth and restorations, jaw muscles, and jaw joints!

An Occlusal/ Night guard has been prescribed to prevent you from hurting your mouth by tooth grinding.

What are the effects of Teeth grinding (Bruxism):

- Tooth wear
- Chipped teeth
- Erosion of gums and supporting bones
- Broken fillings or other dental work
- Worsening of temporomandibular joint (TMJ) problems
- Unattractive teeth

Symptoms to look for:

- Teeth grinding, sometimes is very loud, during sleep
- Jaw pain, headache or earache
- Frequent contraction of muscles of the face and jaw
- Sensitive teeth
- Teeth that look flat at the tips
- Abnormal alignment of teeth

Note: Some people who grind their teeth do not show any symptoms, however, your dentist will be able to tell if this is in fact what is occurring.

What are the benefits in wearing an Occlusal/ Night Guard?

- Preserve teeth, fillings and other dental work
- Preserve gums and supporting bones
- Prevent temporomandibular joint (TMJ) problems
- Prevent jaw muscle pain and headaches
- Prevent movement of teeth

How to care for your new appliance:

- Brush appliance in the morning when you regularly brush your teeth. Make sure appliance is completely dry before placing into case, as appliance will mildew.
- If stains are hard to remove, place appliance into Polident denture-cleaning tablets for 10-15 minutes or soak in a solution of 8oz. of water with 2-3 drops of household bleach for 10-15 minutes. Always, rinse well after using any products on your appliance.

You are welcome to bring in your appliance to your cleaning appointments and your hygienist will freshen up your appliance in a tartar control ultrasonic bath.

Call us at 727-785-4716 if you have any questions or concerns!