

MAINTAINNG YOUR NIGHT GUARD/OCCLUSAL GUARD

Bruxism, also known as grinding and/or clenching of your teeth, is a very common condition that affects approximately 30 - 40 million children and adults in the U.S. The ADA recommends that concerned patients talk to their dentist, who can determine the extent of the problem and fit them with a mouth guard to protect teeth during sleep.

Your new night guard will protect your teeth from the strong vertical forces of grinding, which can cause them to break, crack, become sensitive, cause pain, and cause your gums to recede.

Signs and Symptoms -- If you notice any of the following symptoms, you may be experiencing bruxism:

- Rhythmic contractions of the jaw muscles
- A grinding sound at night
- Jaw muscles that are tight or painful
- Long-lasting pain in the face or jaw, ongoing headaches, neck and shoulder pain.
- Swelling (occasionally) on the side of your lower jaw caused by clenching

Cleaning: Avoid all commercial cleaners!

Use only clear dishwashing liquid or a retainer cleaner!

Retainer cleaners can be found at drug stores and through Amazon, see below for a brand we like.

Bring your night guard to your dental check-ups so we can clean and check it at no charge to you!

