

NIGHT GUARD INSTRUCTIONS

Description

Night guards are designed to alleviate the pain and damage caused by bruxing or clenching of the teeth. Severe tooth, jaw or facial muscle pains are common side effects of bruxing or clenching of the teeth. These patient-specific devices fit over upper or lower teeth during sleep and can offset the effects of bruxing or clenching while protecting teeth from daily wear and tear.

Indications for Use

Night guards are indicated for protection against bruxism and nighttime teeth grinding. They create a barrier between the upper and lower dentition to protect the patient's overall bite.

Contraindications

Not to be used as an athletic sport guard. Product is not shock absorbent.

Warning

- Use only clear cool water to wash the device.
- Do not clean or soak in mouthwash;
- Do not use denture cleanser;
- Do not use hot water;
- Do not use alcohol or hydrogen peroxide;
- Do not place in direct sunlight. Keep away from heat sources;
- Keep away from pets.

If the night guard becomes loose, tight, causes you any discomfort, or any part is broken or delaminated, contact: Miller Savant Dental at 408-245-8030. Night guards are intended to be used on a single patient only. The reuse of such device on another patient is not recommended due to the risks of improper fit and cross contamination/infection.

Cleaning Procedures:

- Brush and floss your teeth before use.
- Rinse appliance well with warm water before use.
- Clean night guard with clean cool water, shake off excess water and dry.

Over time night guards will become discolored due to the resin or plastic. As long as the fit is correct this discoloration has no effect on the appliance. Calcium deposits will build up on the appliance over time which could affect the fit and cause malodor. Proper cleaning and drying will slow down or prevent calcium building up on the appliance. Soaking the appliance in vinegar will help to remove some of the calcium build up. The night guard should be stored in its case after it's dried.

Dentasoak is a professional appliance cleaner that works well to remove calcium build up. It can be purchased online at Dentasoak.com