



## STOCKBRIDGE-MUNSEE HEALTH & WELLNESS CENTER DENTAL

W12802 County Road A, P.O. Box 86 Bowler, WI 54416

TELEPHONE: (715) 793-5019

### How to Care for Your Bruxism Nightguard

**USAGE** Wear your bruxism nightguard each night to prevent teeth grinding. You can also wear your bruxism guard at times throughout the day to protect from daytime grinding when necessary. We do not recommend wearing the bruxism guard more than 8 hours each day. Due to the thickness associated with the bruxism guard, it will be difficult to talk and may take time to become accustomed to sleeping with it in.

**COMPLICATIONS** After wearing your bruxism orthotic for a continuous extended period of time, your jaw can sometimes take about 10 minutes to readjust to your normal bite. However, if wearing the bruxism guard becomes associated with jaw pain, prolonged change of bite (major or minor), shifting of teeth, or pain in teeth, you should immediately stop wearing the nightguard entirely and call our office for an appointment.

**CLEANING(NO TOOTHPASTE)** Your nightguard should be scrubbed and cleaned every day using a soft bristle toothbrush or denture brush. You can scrub with dish soap, denture cleaning solution, mouthwash, or cold water. Be sure to scrub the inside and outside thoroughly.

**KEEP TRACK OF YOUR NIGHTGUARD** Nightguards are easy to misplace or lose. Be sure to keep your nightguard in a place you will not forget about. Also, be sure to keep your nightguard out of reach from pets. Pets can often damage and/or lose your nightguard while you are away.

**STORAGE** Your nightguard should be stored in an either wet or moist environment. Store in clean water when not in use. If travelling, the nightguard can be wrapped in a clean moist napkin. Mouthwash or diluted mouthwash can be used for storage and added odor prevention. Soaking is NOT a substitute for brushing.

**BRING YOUR NIGHTGAURD TO CLEANING APPOINTMENTS** If you bring your nightguard with you to your normal cleaning appointments, your dental hygienist can help clean off any hardened accumulated plaque build up. We can also use our professional cleaning solution to help keep it clean.

**QUESTIONS** If you have any questions or concerns regarding your bruxism guard, please contact your dental office via phone, email, or appointment. (715) 793-5019