



NIGHTGUARDS/RETAINERS

Here are the care instructions for the nightguard/retainer tray being made for you. The device is meant to protect your natural teeth (enamel and dentin) from unnatural, pathological wear caused by the bruxing or grinding habits. Since the appliance is "softer" than your remaining enamel, the material will wear when you brux or grind. Expect the appliance to last about 2-3 years.

Once your retainers or night guard are delivered to our office, you should make arrangements to pick them up in 1-2 weeks; otherwise, they may not fit properly and a new one will need to be made at an additional charge.

- **Caring for your appliance:** Your appliance is a custom medical device and has been constructed to eliminate or reduce the adverse effects of your bruxing (clenching) and/or grinding habits. It is custom made to fit your mouth perfectly.
- It will take some time to become used to wearing the device regularly. It will feel tight at first as your teeth shift between the time we take impressions and the time you receive the device. It is extremely important to wear it nightly so your teeth can re-adjust and the wear can become more comfortable.
- You should not have severe pain or soreness in the muscles or joints around your face or ears when it is worn or when it is out. If at any time you develop soreness of the muscles around the TM joint, ears or jaw, stop wearing the mouth guard and call the office. Do not wear it again until the dentist has had a chance to evaluate the situation. This does not happen very often as the mouth guard is carefully adjusted at the time you receive it.
- When you finish wearing the appliance, you should brush it with a toothbrush and clear mild soap, dry it, and store it in the provided container.
- Do not leave the appliance in hot temperature as the material can warp.
- Please bring the mouth guard to all future appointments for possible further adjustments and observation by the dentist. We will also professionally clean your device. Some changes may be made to the device at that time based on your experience wearing it.

Please call or text us at (707) 963-4611 if you have any questions.