

**Why do I need a night guard/bite splint?**

Most chips, breaks and cracks are caused by bad oral habits like grinding or clenching your teeth in abnormal fashion. These habits are mainly done subconsciously during your sleep or when you are in deep thought. We highly recommend the use of a night guard/bite splint if you have received multiple restorations (crowns, bridges, veneers or onlays) to protect from abnormal wear and tear. We also recommend a night guard/bite splint if your natural teeth show signs of excessive wear, or if you have symptoms of pain in your jaws, jaw joints and teeth that would be caused by abnormal function. We also recommend these appliances for the treatment of temporomandibular joint (TMJ) dysfunction.

**How to take care of your appliance?**

1. Brush and floss your teeth, brush your tongue and rinse your mouth prior to use.
2. Allow the appliance to air dry in its container when not in use.
3. Always soften the appliance under hot tap water prior to placement.
4. Clean the appliance after use under cold water with a tooth brush, a drop of liquid soap and thorough rinse.
5. The regular use of “over the counter” denture cleaners with a maximum of 20 minute soak will help manage any accumulation of minerals or stains. **Example: polident retainer cleaner which has a soaking time of 5-15 mins only.**
6. In normal use, the appliance may vary from crystal clear to mildly opaque.
7. Removal of the appliance is best accomplished by using equal pull on both sides of your mouth. This will minimize the risk of damage to the resilient portion of the appliance.
8. Store safely away from pets.