



LAKEVIEW
— DENTAL —

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NIGHT GUARD INSTRUCTIONS

1. Depending on how much you grind, your night guard can last you anywhere from 2-5 years.
2. Definitely wear it at night. Most people clench/grind more when they are sleeping. It may take up to 2 - 3 weeks to get used to it, so stick with it.
3. When you first get your night guard, it should feel balanced when you bite down. Some chronic clenchers/grinders can cause jaw muscle changes. Your night guard is designed to help prevent this and potentially reverse it. If you notice a change when you bite on the night guard later, please bring it back so we can make adjustments for the muscles going back to a more normal position.
4. To keep it clean, rinse it under tap water every time you take it out, in order to clean your saliva off. Once a day brush it with a toothbrush and NO toothpaste. Toothpaste is abrasive and may scratch your NG and increases plaque attachment and bacterial growth.
5. Once or twice a week you can put it in mouthwash to freshen it up, if you want. Try and use clear mouthwash (the night guard will pick up dye from mouthwash over time and change color). Only leave it in the mouthwash for 10 minutes or less. You could also use denture cleaning tablets available at any pharmacy or supermarket.
6. When you come to see us for cleanings, bring your night guard with you. We would like to check the fit and bite. We have an ultrasonic and special solution to clean it.
7. Dogs love to chew on your night guard, so keep it away from dogs!
8. Your night guard is designed to handle your body temp, but not really high temperature. Don't leave it in the car on a hot day or wash it in the dishwasher, etc.
9. Your night guard will act like a retainer as long as you wear it regularly. Teeth have a tendency to try to shift over time, so if you go weeks or months without use, your night guard may be really tight or no longer fit. Wear it on a regular basis.
10. If your night guard starts feeling too loose give us a call. In most cases we are able to make it tighter. If it is too tight, we may be able to adjust it as well.