

S DENTAL STUDIO

Your Night Guard Appliance

- Please remember that the night guard will only arrange conditions for healing, and that the body must heal and repair itself. The degree of healing and repair are individual characteristics, hence the relief of the symptoms will vary from person to person.
However, the splint therapy has been proved to help 70% to 90% of patients with TMJ problem.
- The appliance is made of hard acrylic material. It is strong and durable if properly cared for. It should be cleaned well daily with warm water and delicate detergent / soap and dedicated brush, or effervescent dedicated cleaning tablets. Never leave your appliance in direct sunlight, or any place else where it can become overheated (i.e.:dishwasher). Protect your appliance from pets; as it can be a very expensive chew toy. Keep your appliance in its protective case anytime it is not in your mouth. It is not necessary to soak the appliance in water or any solutions.
- You should wear your appliance as directed by your dentist. You may notice when you first remove the night guard from your mouth in the morning that the teeth may contact differently. This is normal, because the enforced seating of the jaw joints allows your muscles to relax. Your bite will feel normal within a short period of time.
- As your muscles and jaw joint will gradually relax, your night guard might need adjustment, therefore follow up appointments will be scheduled. If symptoms don't improve over several weeks time, it may be necessary to refer you to a Specialist.
- Please **bring** your appliance with you to all future appointments, so we can check how the appliance fits and adjust, if necessary.

If you have any questions, please feel free to call the practice at 01865 **760000**.