LONDON DENTAL ARTS

INSTRUCTIONS
NIGHT GUARD

Thank you for choosing London Dental Arts for your treatment. Please follow the instructions below regarding maintaining your night guard.

A night guard is designed to protect your teeth from wear that results when you clench and grind your teeth excessively.

It protects the jaw joint from being overloaded and in some people, it can also help relieve the muscle tenderness that is commonly associated with clenching and grinding.

- Your dentist will show you how to insert and remove your night guard. Initially you may find it difficult to remove as it is such a close-fitting appliance.
- When you first receive your night guard it may feel a little tight and you might find you wake up with sensitive teeth.
- For the most effective results, wear the night guard every night. The tight feeling will ease with time. If you forget to wear it, the tightness will return.
- Initially, the night guard may disturb your sleep, or you may find it outside of the mouth in the morning. As you get used to it you will be able to sleep comfortably.
- Clean the night guard before you insert at night and when you remove it in the morning. Use a soft toothbrush with cold soapy water. Do not rinse with warm/hot water as it will distort.
- Store the night guard in the container provided during the day.
- If you notice a white build up beginning to form, soak the night guard in 25:75 dilution of white vinegar to water during the day and brush thoroughly in the evening.

If you have any concerns or require additional guidance during your teeth whitening process, please do not hesitate to contact the clinic on 0203 143 0080 or email contact@londondentalarts.co.uk.