

Care and Use of Bruxism / Occlusal / Night Guard Splints

You have recently been made a Guard for nighttime use due to Bruxism (Clenching or Grinding), excessive wear on your teeth, pain or tenderness in your facial muscles or temporal mandibular joint (TMJ). This is also sometimes referred to as MPD or Myofascial Pain Dysfunction.

Upon receiving your Guard, if you have not used one before, we recommend starting with a few hours of wear time in the evenings for a couple of days before starting nightly use.

Some patients that are experiencing pain may find that using the Guard as much as possible will help relieve the symptoms, even during the day.

Cleaning of your Guard should be limited to the use of a non abrasive product, such as an anti-bacterial soap used with a soft toothbrush or denture brush. Some Guards can be cleaned with commercially available effervescent denture cleaning products. This is limited to completely **hard** Guards, with no soft component. Toothpaste is not an appropriate cleaner because it will eventually cause some abrasion and scratching that will lead to staining and retention of odors, etc.

If you are experiencing any concerns regarding the fit, the balance of biting forces, and any other general questions, please call the office.