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Jain Dental Care

Night Guard Homecare Instructions

Why a night guard?

You have been given a night guard because we have either noted signs of wear on your teeth or you are having TMJ (Temporo-mandibular joint) symptoms that are most often caused by bruxism (night time grinding). Wearing a night guard can sometimes break this habit but its purpose is to protect the teeth by separating them by a few millimeters. This separation also helps the TMJ by protecting the meniscus (joint disc) from further wear and tear.

How to wear your night guard

- Your teeth should be brushed and flossed prior to wearing your night guard.
- Run night guard under warm tap water to soften the thermoplastic acrylic.
- Wear over night, every night.

Cleaning and Storing your night guard

- Do not use tooth paste on your night guard. Toothpaste contains pumice that will scratch the acrylic. Brushing the inside and outside surfaces with your tooth brush and water is enough.
- If you find the night guard is developing a film due to the mineral in your saliva you can use a foam cleanser like Polident Denture Fresh Cleanse or soak the night guard in some water with a Polident tablet.
- When you are not wearing your night guard be sure to keep it in its case. Store it dry and keep it away from pets since they love the smell of saliva.

What to expect from your new night guard

- Be prepared to dislike your night guard for the first few weeks. It takes time to adjust to something new in your mouth.
- Initially you may have to wear it for a few hours before going to bed for your muscles to get used to it. Gradually start wearing it longer and longer at night until you wear it all night.