

## Bite-Guard Therapy

Wearing a bite guard faithfully can provide the following benefits:

- Protects teeth from parafunctional (Clenching/Grinding) wear and trauma
- Protects expensive crown, bridge, veneers, implants from fracturing
- Orthodontically splints teeth from moving, preventing undesirable crowding/collapse
- Repositions your jaw joint (TMJ) into a natural passive position allowing your muscles/joint to relax and heal
- Relaxed TMJ also decreases neck/head muscle tensions reducing headaches, migraines and stiff neck



### Cleaning:

- Most of the time, just rinsing your bite guard with your thumb and water, then shaking off excess and storing dry is all that is needed
  - Can lightly scrub inside/outside with a wet tooth brush for a deeper clean
  - If odor or calcium (tarter) begins forming on your bite guard, you can lightly scrub with toothbrush & paste (ideally the left over foam paste after brushing your teeth as not to overly wear the inside reducing it's retention)
  - Occasionally you may also choose to use a denture cleaning tablet in water - use as directed, typically 30 min, then rinse & store dry
- Note: Bacteria/Fungi thrive in warm wet environments - please always rinse (clean) the bite guard and store dry to minimize their growth*

### Maintenance & Adjustments:

- Your bite guard should feel comfortable and balanced in your mouth - if something is sharp, too much pressure, rocking or feels like one side hits harder than the other - please return for adjustments
- In time if your teeth have carved deep grooves into the top surface, bring your bite guard in with a cleaning visit and we can re-smooth the surface

### Warnings:

- Do not excessively wear your bite guard routinely for more than 8-9 hours at a time as this can lead to changes in your bite. Note: If after wearing your guard through the night it is normal to feel like your bite is off for a few seconds, but it should readjust/settle to normal in a manner of seconds
- Dental bite guards are fabricated with an outer hard orthodontic acrylic layer and a soft flexible inner layer for comfort and retention.
  - Never soak your bite guard in any product that contains alcohol (ie. Mouthwash) as it will separate these layers.
  - The outer acrylic layer can warp with heat - Do not expose to high or sustained heat (Do not boil, put in dishwasher, leave out in the sun, etc. as it will warp and wearing a deformed bite guard with orthodontically move your teeth undesirably.

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