

POST-OPERATIVE INSTRUCTIONS FOR NIGHTGUARD USE

Provided for your comfort and recovery following the insertion of a new custom nightguard (or occlusal guard)

Storage

- 3D Printed/milled guards (most of our guards) - allow the guard to air-dry when not in use and store in provided case.
- Arcrylic Guards - store nightguard slightly submerged in water when not in your mouth to avoid warping.

Daily Usage

- Wear every night as prescribed by your dentist.
- Not wearing your nightguard daily may lead to it not fitting properly, tooth chipping, or teeth breaking.
- After wearing your nightguard, brush it lightly to remove any debris.
- Clean the nightguard outside your mouth using denture cleaners (polydent/efferdent, etc), soaking in equal parts water & white vinegar, and/or using dish soap in room temperature water.
- Rinse night guard thoroughly before placing back in the mouth for usage.
- Do not use an abrasive cleaners, alcohol cleaners, or water hotter than what you'd use to clean your hands to clean the denture.
- Do not insert the nightguard into place by biting it as this may chip the appliance and require a new one to be made.

When to wear

- Typically, nightguards are recommended to be worn during sleeping hours
- Occasionally, for day-time grinding habits, night guards may be prescribed however prolonged day-time usage is not recommended as this can lead to a shift in your bite

Nutrition & Habits

- Your nightguard is designed to minimize tooth wear; nightguards do not stop habits, but rather treat the symptoms
- For patients with TMD/TMJ pain, nightguards are designed to alleviate discomfort and in most cases will completely remove discomfort
- Most nightguards have a similar design; occasionally, patients may require an alternative design not commonly used to alleviate discomfort.

Appointments

- If you experience increased pain or discomfort with night guard usage, immediately discontinue use and call your dentist to reassess the nightguard design
- Bring your nightguard to every dental appointment; we will continue to re-evaluate the fit, condition, and adjust the nightguard as needed to allow continuation of your dental treatment & improvement of health

Questions or concerns? Call us at Clayton Family Dental 919-585-1081 or visit us online at www.claytonfamilydmd.com

EMERGENCY CONTACT INFORMATION

If you experience severe pain, excessive swelling, uncontrolled bleeding, or fever, please contact your dentist or proceed to the nearest emergency room.

Emergency facilities within a 20-mile radius of 49 Healthpark Way, Clayton, NC:

1. UNC Health Johnston Clayton (South/Central)

2138 Veterans Parkway
Clayton, NC 27520
Phone: (919) 585-8000

2. WakeMed Garner Healthplex ER (Northwest)

400 U.S. Highway 70 East
Garner, NC 27529
Phone: (919) 350-8000

3. UNC Health Johnston Smithfield (Southeast)

509 N Brightleaf Blvd
Smithfield, NC 27577
Phone: (919) 934-8171

4. WakeMed Raleigh Campus ER (North)

3000 New Bern Ave
Raleigh, NC 27610
Phone: (919) 350-8000