

Use and maintenance of a night guard:

The purpose of the night guard you just received is to protect your teeth, reduce muscle tension and possibly some painful symptoms, or keep your teeth in position. Here is some information relevant to the use and maintenance of your device:

- The night guard must be worn on a regular basis and as recommended by the dentist.
- Salivary flow may increase when wearing the night guard. This phenomenon is usually temporary and lasts about 2 weeks.
- Whenever the night guard is inserted, it is normal to feel a slight pressure on the teeth.
- Each time the night guard is removed, it is normal for dental contacts to look different for a few minutes.
- The night guard should be checked and adjusted regularly. It is a good idea to bring it to your annual examinations or during sessions where teeth are restored.
- The night guard must be kept clean. Brush it off with a toothbrush and toothpaste, then let it dry in its case. If necessary, to refresh it a little, let it soak for a few hours in a solution of half water, half mouthwash. If a bit of tartar forms on the baking sheet, let it soak for an hour or two in a half water, half vinegar solution.
- It is normal to notice a yellowing of the night guard over time, despite good hygiene measures. This change is due to a chemical reaction in the acrylic.
- If you have to wear your night guard during the day, it is normal for your speech to be affected. However, the latter may improve over time. Reading aloud exercises can speed up the adjustment process.
- Continuously biting or squeaking on the plate is not recommended. This is intended to relax you, not to be an exercise appliance.