

PATIENT NIGHT GUARD INSTRUCTIONS

You have been provided with your night guard for any of the following reasons:

- to protect your teeth from any nocturnal grinding habits you may have - this includes chipping teeth, associated tooth wear or to help with jaw muscle tension or other side effects of your habits
- to help stabilize your bite for diagnostic purposes

The appliance being provided may be fabricated:

- as a full arch soft appliance similar in style to thin gum shield
- as a full arch hard acrylic appliance
- as an anterior discluding hard acrylic appliance
- it may be prefabricated diagnostic hard acrylic discluding appliance

You should understand and accept that:

- the appliance is being provided for a specific reason and you may not be experiencing pain or discomfort at the time of fabrication
- regular monitoring will be required, so please bring your appliance with you for both each review and any subsequent dental appointments including regular checkups in the future.
- there is a risk that unintended changes may occur to your occlusion (bite).
- you should immediately contact me if you feel your front teeth no longer meet together – for example you develop difficulties in biting through threads, opening packaging etc.
- you should only wear your appliance whilst sleeping, unless specifically instructed to do otherwise.
- you should never self-modify your appliance, typically for comfort or to reduce the risk of gagging.
- in the event of any 'new' teeth beginning to erupt, typically wisdom teeth in younger patients, you should return to the practice in order to monitor the eruption and provide a new appliance as may be indicated clinically.
- if any teeth covered by an appliance become sensitive, you should return to for a review appointment.
- Should you develop a habit of drinking acidic drinks in the night wear or suffer from acidity from a stomach reflux complaint (regurgitated stomach

acid) being please book a short appointment as any acid retained between the fitting surface of the appliance may lead to erosion of your teeth.

- the appliance should be cleaned with a toothbrush and tooth paste after wear and stored safely and slightly moist in the container provided. Avoid hot or boiling water as the appliance could be inadvertently distorted.
- Appliances may require replacement if they deteriorate or suffer wear over time and there will be an additional fee payable. The fee will be the full cost of a new nightguard, with the exception of the 'full arch soft appliance' which will be lower if you keep the model on which it was fabricated. If extensive dentistry is carried out at a later date, after completion, new models and a replacement appliance will be required and incur an additional fee – your current one cannot be adapted
- A word of advice – always store your appliance in the container provided, otherwise particularly when travelling, chambermaids, cleaners, pets, pixies and gremlins have a habit of losing them!