



**ARTISTIC WORKS
DENTISTRY**

NIGHT GUARD

Night guards are designed to keep the teeth from contracting while you sleep and allow the lower jaw to return to a comfortable hinge position without interference and guidance from the teeth. It is essential that you wear your night guard every night and you may also wear it during the day if you find yourself clenching or grinding your teeth. This custom mouth piece will relax your jaw muscles which are in spasm and help reduce muscle pain as well as protect your teeth.

Things to expect after treatment:

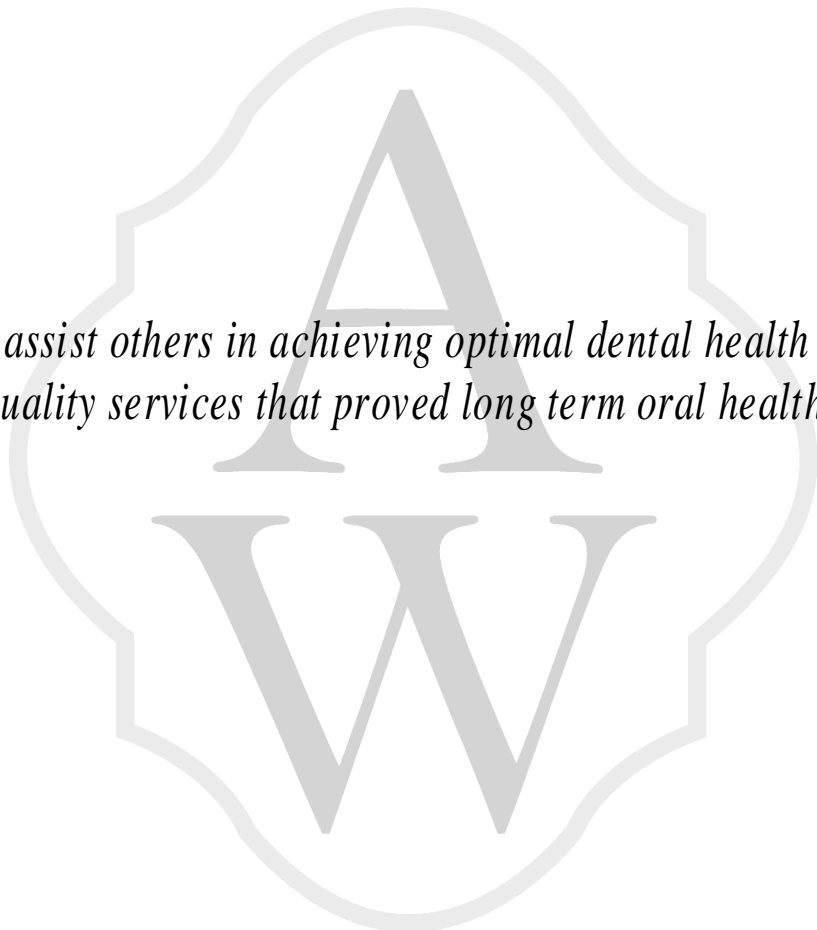
- Your teeth may become tender from being confined to a night guard. The tenderness may last 1-3 days.
- You may initially notice an increase in saliva due to the foreign extra material in your mouth.
- To be effective, the night guard must be worn every night! If it is left out for extended periods, the teeth may move slightly and then, the night guard may not fit. Sometimes it has to be remade if the teeth have moved too much.

How to care for your Night Guard:

- Brush and floss your teeth prior to wearing the guard.
- Clean the guard under running cold water every morning. Do not use hot water.
- Do not clean the guard with toothbrush/toothpaste.
- Keep the guard in a case when not in use.
- Keep away from pets, as they love to chew of the material of the guard!
- Bring your night guard in to every recommended hygiene appointment to have it professionally cleaned by AW Dentistry!

(713) 647-6453

www.artisticworksdentistry.com



Our mission is 'To assist others in achieving optimal dental health by providing high quality services that proved long term oral health'.