



NIGHT GUARD

What is a Night Guard:

An Night Card is a device used to counter the effect of Bruxism. Bruxism is a dental condition that displays through symptoms of teeth clenching or grinding, generally while sleeping. The most common causes associated with bruxism are being under unusual stress, anxiety or tension. Additional factors that have been attributed to bruxism include, misaligned teeth, sleep positioning, posture or diet.

This treatment is used to keep your teeth from contacting while you sleep and to 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. You may also wear it during the day if you find yourself clenching or grinding your teeth.

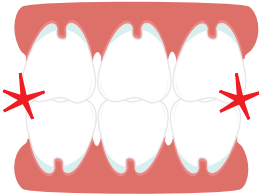
Reasons for a Night Guard:

- Clenching or grinding

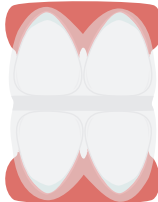
Benefits of a Night Guard:

- Reduces the risk of cracking teeth
- Reduces headaches
- Prolonging the life of your teeth
- Reduce jaw injury
- Reduce detrimental wear on teeth

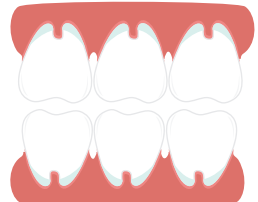
How it's done:



Side view:
grinding



Front teeth
with guard



Side view:
with Night Guard
spacer

POST OP CARE INSTRUCTIONS

What to expect after treatment:

- Night Guard should fit snugly
- Minor soreness during adjustment period

Notify our office if:

- Guard is loose or breaks
- Increased jaw pain

If any of the above occurs, please call the office to schedule an appointment at no charge for a simple adjustment.

For more detailed information, visit us at: northviewsmiles.com

POST OP NOTES:
