



A night guard is used to help you through times of clenching or grinding.

This night guard is intended to stop the loss of enamel on the biting surfaces of the teeth. It may also help prevent or stop the progress of abfractions (divots) on the necks of the teeth.

By protecting the enamel, the inner, softer layer of the tooth (the dentin) will not be exposed to oral cavity acids, food or liquids.

If wear has already damaged the enamel, the guard can slow down or prevent further wear.

The guard can also alleviate muscle tension associated with clenching or grinding.

CARE FOR YOUR THERMAL NIGHTGUARD

Run warm or hot water over your guard to soften the acrylic before inserting it into your mouth.

To clean it, brush it with a toothbrush and soap after wearing it and before storage.

You may also sanitize it by using a solution of white vinegar and water, in a ratio of 25% to 75%.

Do not wear your guard while eating.