

## What we want you to know...about your Bruxism Guard

Your Bruxism guard (grinding appliance, brux guard, night guard, occlusal splint) is specifically designed to both protect your teeth and your jaw joint (TMJ).

- Depending on your diagnosis/symptoms, your guard may be worn:
- Regularly at night
- Nightly during periods of stress and/or
- During the day when you are under stress
- Your speech may initially be affected. This is transient and you will learn very quickly how to talk with your guard. Reading out loud will help speed up the process.
- You may initially find that you are salivating a lot. Again as you body gets used to the appliances, the salivary flow rate will return to normal.
- Although it may take some time to get used to wearing the appliance, you should not experience any tenderness. It is important that the guard is comfortable. If a sore spot develops or a tooth/teeth feel tender when the appliance is removed, please call the office so we can adjust it.
- The bite should also feel comfortable and balanced with both sides touching evenly. If it is uncomfortable or you feel the bite is heavier in some areas than others, please call the office so we can adjust it.
- Please bring your appliance to your regular dental check-ups/cleaning appointments so we can check its fit and function. They occasionally need adjustment as they wear.
- Remember to brush your brux guard with tooth paste and your brush when it is removed. Rinse it with water and store it in its' protective case. In addition, your guard should be soaked once a week in a commercial denture cleaning product of your choice, or my favorite, one tsp of dishwashing crystals in a glass of hot water for 30 minutes. Rinse it well after.
- Dogs love brux guards and will chew them; store it in a safe place.
- If you have a Thermoplastic brux guard, remember to run it under hot water before use.

*Thank you and if there are any questions or concerns you have please don't hesitate to call the office.*