

Night Guard/TMJ Splint



Night Guard: A night guard is used to prevent the continued wearing away (attrition) of the biting surface of the teeth generally attributed to subconsciously grinding the teeth while sleeping (bruxism). By propping the teeth apart slightly with the removable acrylic plate, the night guard forces the relaxation of the muscles of the cheeks that allow you to grind and protects the biting surfaces of the teeth from further damage.

You will wear this appliance only while sleeping and clean it with your toothbrush and toothpaste when you brush your teeth. Keep your night guard in its case when not in use and store it in a cool area away from children and pets.

TMJ Splint: A TMJ (Temporomandibular joint) splint is used to address jaw pain or locking potentially caused by prior injury to the TMJ or related spasms of the facial muscles. The removable acrylic plate fits over the biting surface of the teeth and acts as a crutch to relax the facial muscles. The splint is designed to position the jaw in a fixed corrected bite position to allow recovery of the soft tissues surrounding the joint.

You will wear this appliance usually 24 hours a day and clean it with your toothbrush and toothpaste when you brush your teeth. Dr. W will advise you if it is to be worn while eating etc. When your splint is not in use it should be stored in its case and kept in a cool area away from children and pets.

**KEEP IN MIND THAT EACH VISIT IS ONE
STEP CLOSER TO A BRIGHTER SMILE!**