



STEFANO

D E N T A L

**1617 W. Bogart Road, Suite 1
Sandusky, OH 44870
626-2205**

Patient Instructions for Wearing a Night Guard/Bite Splint

What to Expect

- 1) This night guard will allow your jaw joints and muscles to function more smoothly. It will allow the jaw to find its best position because the device prevents the teeth from locking together. It should reduce muscle spasm, clenching habits, jaw/joint pain, and teeth wear.
- 2) Excess saliva may be present for a few days.
- 3) When the night guard is removed from the mouth, you may notice that the 'bite' of your teeth feels different for a few minutes. This is to be expected because of the relaxation of your lower jaw and muscles.

What to Do

- 1) Wear the night guard as instructed.
- 2) Do not clench your teeth on the night guard because this will cause muscle spasms or pain. Remember this phrase: 'From these words never depart, lips together, teeth apart.'
- 3) Clean both sides of the device carefully with a toothbrush and toothpaste when you brush your teeth. Good brushing of your own teeth is also important.
- 4) Keep your regular check-up appointments. They are necessary for adjusting and refitting the night guard.
- 5) If you are having jaw pain, avoid eating tough and chewy foods while your TM joints, ligaments and muscles are healing.
- 6) If you experience pain, apply moist heat to the affected area of the face. Use a damp washcloth under a hot water bottle for 15-20 minutes, 3-4 times a day. If the pain does not subside in 24 hours, call our office.

Please Call Us If...

- 1) You are experiencing symptoms more intense or of longer duration than those described above.
- 2) You have any questions at all.