



# Cornerstone Dental Group

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## & Associates

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## ***Bruxism Guards...what we want you to know.***

Your Bruxism guard (grinding appliance, brux guard, night guard, occlusal splint) is specifically designed to protect your teeth and 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 how to talk with your guard quickly. Reading out loud will help speed up the process.
- ✓ You may initially find that you are salivating a lot. Again, as your 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 essential that the guard is comfortable. If a sore spot develops or a tooth or teeth feel tender when the appliance is removed, please call the office so we can adjust it.
- ✓ Start slow if you are having trouble falling asleep with the appliance in place. Wear it for 15 minutes in the evening. Gradually increase the time you wear it each night until you can wear it for 2-3 hours without thinking about it. They try sleeping with it.
- ✓ The bite should also feel comfortable and balanced, with both sides touching evenly. If it is uncomfortable or you think the bite is heavier in some areas than others, please call the office so we can adjust it.
- ✓ Always brush and floss your teeth before inserting your brux guard. Trapping food debris and plaque under the device will increase your chance of decay.
- ✓ Do not bite your appliance into place. Use your fingers or thumbs to seat it gently.
- ✓ 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.
- ✓ If you have any dental work done to your teeth that your brux guard attaches to, you must have it examined to ensure it fits correctly.
- ✓ Never attempt to adjust your brux guard; your dentist should make all adjustments.
- ✓ Remember to brush your brux guard with your toothbrush or a denture cleaning brush when it is removed to dislodge plaque (no toothpaste as this can scratch it). Rinse it with water and store it in the protective case provided. In addition, your guard should be soaked once a week in a commercial denture cleaning product of your choice, or my favourite, 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 yours 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, please don't hesitate to contact the office.*