



Cornerstone Dental Group

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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 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 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 important 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.
- ✓ 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.
- ✓ Always brush and floss your teeth before inserting your brux guard. Trapping food debris and plaque under the device will increase your chance for decay.
- ✓ Do not bite your appliance into place. Use your fingers or thumbs to gently seat 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.
- ✓ If you have any dental work done to your teeth that your brux guard attaches to, you will need to have it examined to ensure that it fits correctly.
- ✓ Never attempt to adjust your brux guard; all adjustments should be made by your dentist.
- ✓ Remember to brush your brux guard with your tooth brush 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 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 please don't hesitate to contact the office.