

## Bite Guard Appliances

Why do I need to wear it?

**Bruxism** (grinding, clenching or clamping of the teeth)

This destructive habit can cause damage either to the teeth, their supporting bone or the jaw joint. It can wear the teeth down, cause pain in the jaw joints, or loosen the teeth by destroying the supporting bone. Your bite guard helps control the distribution of the excessive forces.

**Habit Control**

Many destructive subconscious oral habits, such as grinding & clenching can be overcome by increasing the individual's awareness of it, which then helps "deprogram" the habit. Used regularly, the bite guard can assist in this process.

**Loose Teeth**

When teeth are loose, the weakened bone which supports them may repair if the mobility is limited. This is known as "stabilization" & can be accomplished in several ways. Your bite guard does this by placing the teeth at rest so that the bone can heal. By distributing the forces evenly, the stress to individual teeth is reduced.

**Bite Adjustment**

Your bite may have to be adjusted to allow the teeth to function harmoniously. Your bite guard can aid in the process of bite adjustment & help in the maintenance of the achieved arrangement.



## Your Bite Guard: It's Use & Care

### Break – in Period

At first, you may notice more saliva in your mouth, your speech may be slurred & it may take a little longer to fall asleep. This will soon pass. In fact, many people tell us their sleep is more restful when wearing the appliance.

### Instructions

1. You may start off wearing your appliance about ½ hour before bedtime. This gives your mouth a chance to adjust before you go to sleep.
2. If you are extremely uncomfortable, you may take out the bite guard during your sleep on the first night. If it feels comfortable, then wear it all night on the first night.
3. On the next night, try to put your bite guard in as you go to sleep. Try to wear it longer than the first night. By the 4th night you should be able to wear it all night.
4. In the morning, when you remove it, you will find that your teeth are just slightly sensitive. This will improve within 10 minutes of removal.
5. If you have any kind of specific “toothache” while you are wearing it, then discontinue its wear & call the office to schedule an adjustment.

### Home Care

The appliance can be easily cleaned each morning by brushing it with your toothbrush & toothpaste. It does not need to be stored in any special solutions BUT it should be kept in the box you received it in when not worn. This will protect it from breaking.

### Office Care

Any adjustments during the first 3 month period are at no charge to you so if you find that your appliance is uncomfortable; please call our office as it often is only a minor adjustment needed to allow you to wear it.

### Insertion & Removal

Some bite appliances have clasps & wires which help retain them to the teeth as well as maintain tooth positions. It is easier if you wet your appliance with water before you insert it. You can remove it easily by placing your fingernail over the clasps or acrylic ledge & teasing it down from both sides without force.