



SHINE

NIGHT GUARD

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TREATMENT PLAN

WHAT IS IT?

Night guards protect your teeth and prevent tooth wear, fractures and gum recession. They sometimes also help with facial muscular pain.

HOW SHOULD IT FEEL?

It might feel a little snug and can take a bit of getting used to, so we recommend putting the guard on before going to bed – watch tv or read a book with it on. It is an unfamiliar appliance and the last thing we want is for it to keep you awake!

WHY AM I DROOLING?

It is completely normal if you initially notice more saliva. This should correct itself in a few days.

IS THIS THING ON RIGHT?

Your night guard is custom to your smile so it should fit over your teeth. It should feel like a retainer – not too snug and not too loose.

KEEP IT FRESH.

You can clean your night guard with toothpaste and a brush when you take it out, but please do NOT soak it. This should only be worn at night – so no eating or drinking anything besides water with it on.

