



Need a night guard for your teeth?

Do you have headaches or grind your teeth at night?

A night guard is a great solution to those problems. But beware! Not all guards are created equal.

Mouth guards at department or sporting goods stores are primarily used and recommended during sports to protect the teeth from major injury. Softened in hot water at home, boil-and-bite mouth protectors are made from thermoplastic material and are then placed in the mouth and shaped around the teeth. Because they are not designed for night use or to prevent grinding, they could do more harm than good.



Custom-fabricated mouth guards, called night guard appliances, are primarily worn at night. They are individually designed and prevent damage to teeth due to grinding and clenching, which many patients don't even realize they do. Through an examination, our dentists will be able to diagnose whether a night guard would be beneficial by discussing your symptoms, such as sensitive teeth, headaches, jaw tightness and jaw popping or clicking and by noting if your teeth show wear patterns or signs of fracturing.

Night guards can help relax the muscles and stop costly damage to your teeth and jaw. An effective night guard should be comfortable, durable, easy to clean, and should not restrict breathing. The process is simple and takes a few minutes at two short visits.

Give us a call to find out more. Let's lessen your pain, protect your teeth and help you get a better night's sleep!

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