

You have just received a Nightguard

Purpose:

Your nightguard is a custom designed to protect your teeth & supporting bone from the damaging effect of clenching, grinding, & other habits; it allows your jaw joints to heal & realign to a comfortable & stable position.

Wear:

The nightguard is designed to fit over your upper teeth & it has been meticulously adjusted to fit as perfectly as possible against the lower teeth. The nightguard must be checked at your 6 month dental check ups. To be effective the nightguard must be worn at night.

Insert & remove the nightguard carefully. Use downward pressure on the cheek side of your back teeth to remove the appliance. The appliance fits snugly to prevent any movement. You may have to experiment to find the easiest way to insert & remove the appliance.

Care:

It is crucial you maintain exceptional oral hygiene with daily flossing & brushing to prevent gingivitis & tooth decay.

Keep the nightguard clean by brushing it with a toothbrush (no toothpaste – it will discolor the appliance). You may also soak the nightguard in water with a denture cleaning tablet to remove stains on a weekly basis – especially if it becomes stained. You may notice your teeth fit differently when you first remove the appliance from your mouth for cleaning. This is because your muscles are realigning the jaw joints to a healthy position. Your speech may be somewhat affected at first. The adaptation of your tongue usually takes place rapidly & talking will become easier for you in two or three weeks.

Please be mindful that this is a “fragile” appliance, & it can break easily if dropped or mishandled. However, it is extremely strong when in your mouth & adapted to the teeth.

From our experience pets, especially dogs, love chewing on nightguards!!

Unfortunately, we are not in a position to offer a guarantee on this appliance. It cannot be quickly copied or remade. The complete process has to be carried out in order to make another one. Please take great care of it.

Sincerely,

Dr Ania Mamiashva & Dr Rustam Mamiashv

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