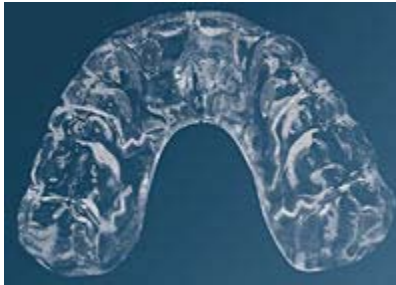


## Nightguards



### *Nighttime protection against Bruxing and clenching*

*Providing appliances help to protect against the muscular habits of bruxing and clenching. Although a night guard will not prevent a parafunctional habit from occurring, an acrylic resin night guard can dissipate the forces of occlusion dramatically.*

*The smooth flat occlusal plane allows for a gliding of opposing teeth. The majority of the wear and tear occurs on the acrylic appliance, not on your teeth. There is no way of preventing the clencher or bruxer from engaging in these parafunctional habits, but using a protective guard regularly decreases the potential for destruction.*

*Consistent use of these appliances will many times lessen the need for more difficult dental work later on. Additionally, similar acrylic devices often have a significant role in helping to alleviate muscular problems. The use of this type of device often helps to achieve a significant relaxation of the muscles of the face and the jaws. We consider nightguards as a basic ingredient in preventive dentistry along with fluorides, sealants, and flossing. They help to achieve several objectives:*

- ***Bruxism*** – Splints are used to prevent excessive tooth wear, tooth mobility, and loss of tissue attachment. By separating the posterior teeth, there is less pressure placed on the joint and the disk within the joint during the heavy muscular forces created during bruxism.
- ***TMJ dysfunction*** – In patients with these medical problems, splints are often used to help control pain and dysfunction. Full time wear of a splint, often in tandem with other medical treatments, can dramatically lessen the sometimes severe symptoms of this condition.
- ***Periodontal disease*** – In patients with periodontal disease, or those undergoing periodontal treatment, similar guards are used to distribute forces, decrease trauma, and to aid in the healing process following treatment.