

BRUXING GUARDS

We would like to introduce to you your new bruxing guard or grinding guard. This appliance is designed to help prevent your teeth from excessive wear due to the forces of grinding and clenching. It is made of a special 1mm thick biocryl material and is made with a special vacuforming process made from the impression taken at your first appointment. This provides you with the most comfortable fit.

When you receive your bruxing guard, you should wear it at night and if needed during the day for uncontrollable grinding and clenching. You should not eat with this appliance.

Bruxing guards are easy to care for. They can be cleaned with a soft toothbrush. We recommend using the Efferdent tablets to clean your bruxing guard once a week. Keep the appliance away from hot temperatures, which will distort the retainer (i.e., very hot water, hot surfaces). When not wearing your appliance, please use the case provided to store them in for safekeeping.

The material used for the bruxing guard is made of very durable material. Its durability depends on how excessive your grinding and clenching habit is. This will determine how long your appliance will last. Please place your models in a safe place in case you need a replacement. If you need a replacement due to loss, excessive wear, breakage, or changes in your teeth due to new dental work completed (i.e. fillings and crowns), a new impression may be needed and we can provide you with a replacement guard.

There will be a charge for replacement bruxing guards.

If you have any questions, Please do not hesitate to contact us. Thank you.