

# NIGHTGUARDS



*"We're sleeping better now that we use a nightguard to reduce our bruxing."*



*Stop*  
the Grind  
*bruxing & clenching treatments*



**D**oes your jaw feel stiff or do you have difficulty opening your mouth wide? Are your teeth sensitive to cold drinks? Do your jaw muscles feel tired in the morning? You may be grinding your teeth at night (a medical condition called bruxism) or you may be clenching your teeth, which can be just as harmful. People with nighttime grinding habits may wear away their tooth enamel “ten times faster” than those without “abusive chewing habits.”<sup>1</sup> Eventually, your teeth may be worn down and destroyed.



*Bruxing can wear down and destroy your teeth.*

In addition to relieving head, neck, jaw joint and shoulder pains, treating bruxism and clenching is cost effective compared to ignoring the condition and exposing teeth to continued grinding. Without treatment, crowns (caps), bridges, implants and dentures are often needed to repair or replace worn and damaged teeth. Ask your dentist if a nightguard can help to provide temporary relief from grinding, bruxing or clenching.

1. G.J. Christensen, DDS, MSD, PhD. “Treating Bruxism and Clenching,” JADA February 2000: 233-235.

## COMFORT H/S BITE SPLINT™

Thermoformed under vacuum for an accurate fit



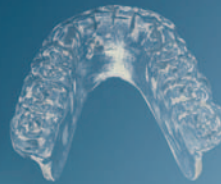
Hard outer layer is durable and sparkling clear.

Soft Inner layer rests comfortably against the teeth and gums.



- Hard outer and soft inner surface.
- Indicated for severe bruxing/clenching.
- Ideal for patients allergic to acrylics or metals.

## Other Nightguard Options



### FLEXITE™ NIGHTGUARD

Stronger than acrylics providing long-term durability

- Semi-rigid, flexible surface.
- Indicated for severe bruxing/clenching.
- Ideal for patients allergic to acrylics or metals.



### ACRYLIC NIGHTGUARD

Injection molded using cadmium-free acrylics for biocompatibility

- Hard, non-flexible surface.
- Indicated for moderate bruxing/clenching.
- Special clasps can be used for improved retention.

## Custom Fitted For You



*Nightguards are custom made and are easy to insert & remove.*