

# Patient Instructions

## Night Guard

- The appliance has been shown to help 70% to 90% of patients with your problem. However, you must remember that the night guard only sets up conditions for healing, and that the body must heal and repair itself. Since the degree of healing and repair are individual characteristics, the relief of the symptoms will vary from person to person.
- Never leave your appliance in direct sunlight, or any place else where it can become overheated. Protect your appliance from pets; it can become their favourite and expensive chew toy. Keep your appliance in its protective case anytime it is not in your mouth. It is not necessary to soak the appliance in any solutions.
- Follow up appointments (modification phase) will be scheduled to adjust your night guard as your muscles and jaw joint relax. If symptoms don't improve over several weeks' time, it may be necessary to refer to a Specialist.
- Please bring your appliance with you to all future appointments, so we can monitor how the appliance fits and determine, if adjustments are necessary.