

**The Houston Dentists
Dr. Kathy Frazar
4914 Bissonnet, Suite 200
Bellaire, TX 77401
713-668-7137**

Your Night Guard Appliance

1. 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.
2. The appliance is made of hard, processed dental material, acrylic. It is strong and durable if properly cared for. It should be cleaned well daily with toothpaste and toothbrush, or scrubbed with baking soda. Never leave your appliance in direct sunlight, or any place else where it can become overheated. Protect your appliance from pets; it can become thief favorite 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.
3. You should wear your appliance as directed by Dr. Frazar/Associates. You may notice when you first remove the night guard from your mouth in the morning that the teeth will contact differently. This feeling is normal, because of muscle relaxation and the seating of the jaw joints. After removing your appliance in the morning, you will find that the bite feels normal within a short period of time.
4. 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, to may be necessary to refer to a Specialist.
5. Please bring your appliance with you to all future appointments, so we can monitor how the appliance fits and determine, if adjustments are necessary.

If you have any questions, please feel free to call the office at (713) 668-7137.