

*Family Dental
Care
Dr J. R. Bensimon*



How does a Nighttime dental guard work?



A nighttime dental guard can provide a cushion of space between your teeth that will protect them from the destructive forces generated by overactive chewing muscles. This aggressive muscle activity, called teeth grinding and clenching can cause excessive tooth wear, chipping, fractures, loosening of the teeth or even TMJ disorder. Spacing your teeth apart also decompresses the jaw joints (TMJ). This decompression is an unloading of the joints, much like crutches allow you to take the weight off an injured knee or hip. The night guard is designed to re-establish your "natural" freeway space, which will protect your teeth from clenching and grinding day or night.

We have many patients who have stopped this neuromuscular disorder while wearing a nighttime dental guard. Call us today, if you feel you may be suffering from any of these symptoms, to learn how a nighttime dental guard can help.