Bella Family Dental

(972) 290-0903
347 W Jefferson Blvd, Dallas, TX 75208

Nightguards, sports mouthguards and retainers

Covers: Custom 3D-printed nightguards, sports mouthguards and retainers.

Before your visit

- Brush and floss before your scan or fitting.
- If you are picking up a guard, bring your old one if you have it.
- Please arrive 30 minutes before your appointment to complete any paperwork and make any payments due. If you are taking Halcion (oral sedation), arrive 1 hour before.

After your visit

Getting used to it

- It may feel snug, and you may have more saliva, for the first few nights. This usually settles within a week or two.
- Wear it every night (nightguard), for every practice and game (sports guard), or as directed (retainer). If you have a nightguard, you may also wear it if you notice yourself clenching or grinding during the day.

Cleaning

- Brush and floss before you put the guard in.
- Rinse it after each use and brush it gently with a soft brush and cool or lukewarm soapy water. Toothpaste can scratch it. Do not soak it in mouthwash, denture cleaner or hot water.
- Let it air-dry and store it in its vented case, away from heat and pets.
- Never use hot water or the dishwasher, and don't leave it in a hot car. Heat can warp it.
- If it feels loose, tight or rough, call us at (972) 290-0903 for an adjustment.

Bring it with you

- Bring your guard or retainer to checkups so we can check the fit.

When to call us

Call us at (972) 290-0903 if you have:

- It cracks, breaks or no longer fits
- Teeth or jaw soreness that doesn't settle after the first week
- Your bite feels different in the morning and doesn't return to normal

For a medical emergency, call 911. Call 911 or go to the nearest emergency room for trouble breathing or swallowing, swelling that spreads toward your eye or down your neck, or bleeding you can't control.

These are general instructions. If your dentist gave you different instructions, follow those. Our staff speak English and Spanish (atención en español). Our doctors do not speak Spanish.

View online or share:
https://www.bellafamilydental.com/patient-care-instructions/nightguards-mouthguards-retainers/
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