

ITA-1101 Custom Comfort Night Guard



Description

Nightguard - NiteGard®

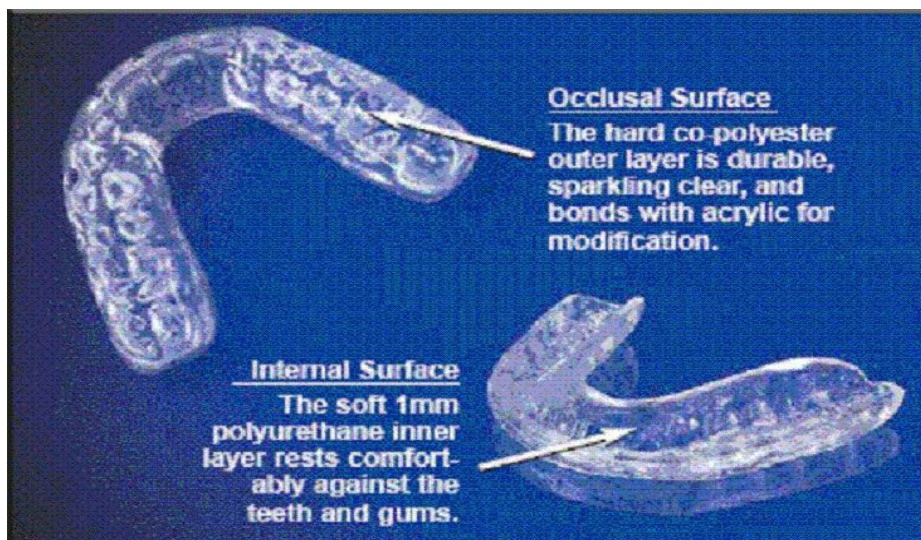
A Custom Comfort NiteGard® consists of a clear, soft (on the under side) & hard acrylic plastic on the outer side; this is the brand new Advanced Dual-Laminate or ADL Night Guard. This bonded polymer has only been in existence since 2009 due to the advancements in plastic technology. One would wear this to relieve tooth grinding and clenching when asleep or in stressful situations. This night mouth guard fits comfortably over either the UPPER or LOWER teeth only.

It is 3mm thick and will allow an individual to completely close their mouth while asleep, unlike other bruxism mouth guards. The night guard is made of exactly the same material dentists/orthodontist use to prepare their devices for patients with bruxism & may also be used to prevent teeth migration or rotation (act as a retainer). The cost of a nightguard prepared by a dentist/orthodontist will range from \$400.00 to \$800.00!

Our Custom Comfort NiteGard is smaller, more durable and much more comfortable than the "boil & bite" (thermoform) nightguard types found at the store, due simply because these are specifically customized to that particular individual. This is the most advanced dual-polymer plastic, that I've ever seen...please understand this is a brand new product, not one that you're used to or have seen used.

Advance Dual-Laminate Night Guard (ADL) - Our ADL Night Guard is 66% more durable than the standard soft laminate night guards but just as comfortable. It is as strong as the acrylic nightguards, but is far more comfortable. It is a unique combination of two materials formed into a single laminated sheet.

The outside of the night guard is made of an increased tensile strength material designed for strength and durability, while the inside of the night guard is a soft yielding composite designed for comfort & adaptability. The harder, outside surface assures long-lasting wear, while the inside, soft liner assures comfort secure fit. The advanced dual laminate hard/soft night guard is ideal for light and moderate nighttime grinding and clenching.

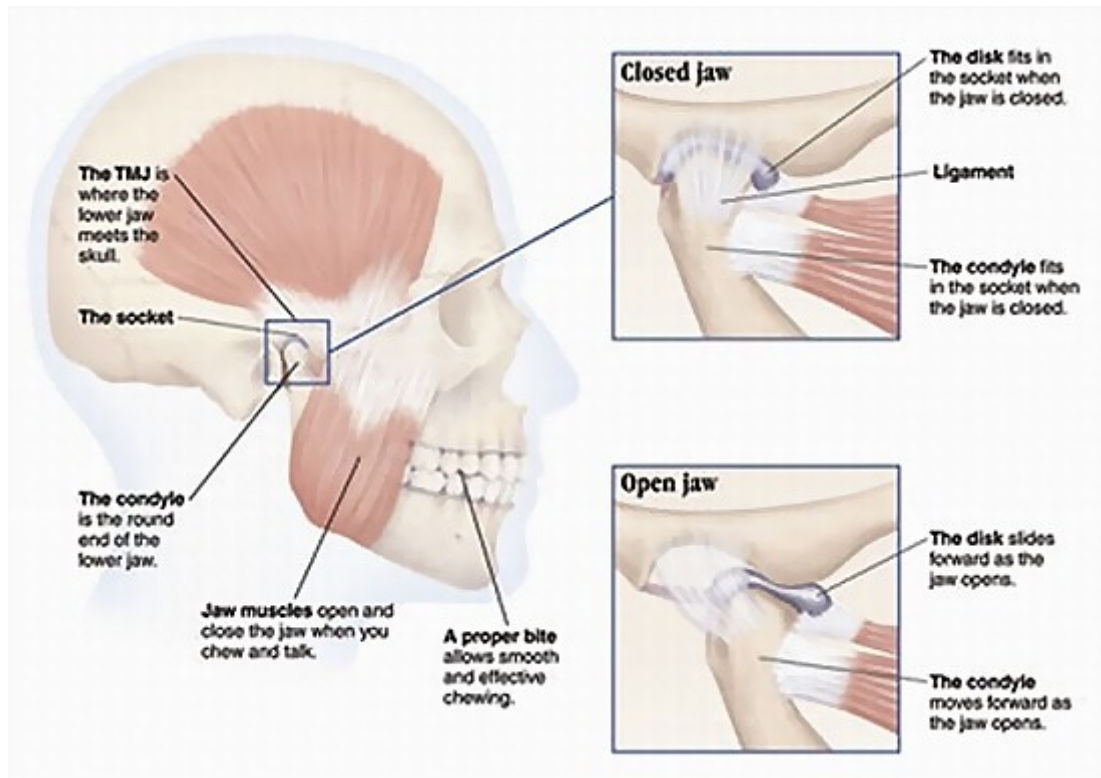


Benefits

A dental appliance that can help individuals with bruxism. Bruxism *\'brək, si-zəm\ n* [Gk brychein to gnash the teeth]: the habit of unconsciously gritting or grinding the teeth especially in situations of stress or during sleep.

What Is Bruxism, TMJ?

Bruxism is the technical term for teeth grinding and clenching that abrades teeth and may cause facial pain. People who grind and clench, often called bruxers, unintentionally bite down too hard at inappropriate times, such as during sleep. Many people are unaware that they even have bruxism since it often occurs while they're sleeping. If you wake up with dull headaches or vise-like pain, you may be one of many people suffering from bruxism. Your dentist can usually detect the telltale signs of bruxism on your teeth.



Bruxism can either directly or indirectly cause many problems. Grinding can cause teeth to become painful or loose. Patients can literally grind away parts of their teeth, leaving them with worn surfaces or fractured enamel. People who have otherwise healthy teeth and gums can clench so often and so hard that over time their teeth become sensitive and they experience jaw pain and headaches. Forceful biting when not eating may cause the jaw to move out of proper balance.

Grinding is a common occurrence among many people at some time or another. If you develop facial pain, fatigue or other problems, treatment may be needed. Talk with your dentist if you suspect that you are grinding your teeth. During regular dental visits, they usually check for physical signs of bruxism. When a person has bruxism, the tips of the teeth look flat. Teeth are worn down so much that the enamel is rubbed off, exposing the inside of the tooth, which is called dentin. When exposed, dentin may become sensitive. Bruxers may experience pain in their temporomandibular joint (TMJ), or the jaw, which may manifest itself as popping and clicking. One out of every 10 Americans suffers from chronic headaches, and spend over half a billion dollars every year for over-the-counter medications to relieve their pain. TMJ may cause headaches as a result of a bad bite. A bad bite can put your jaw-to-skull relationship out of alignment.

When this happens, TMJ symptoms occur. This cluster of TMJ symptoms can include: headaches, earaches, ear ringing, loud jaw clicking, even stiffness and pain in the jaw, neck, shoulders and back.

Non- surgical therapies for both bruxism and TMJ may include the wearing of an occlusal splint/nightguard to prevent wear and tear on both the teeth and the joints.

If you suffer from bruxism and TMJ, or your dentist has suggested the use of a night guard/occlusal splint, we can help. You Can Order a night guard directly from our lab and save hundred of dollars. No dentist needed.

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Uses for a Night Guard

1. Stop grinding
2. Improve breathing
3. Improve posture
4. Reduce headaches
5. Reduce discomfort
6. Reduce stress
7. Reduce tension
8. Protects teeth and dental work from damage caused by clenching and grinding.
9. Worn for performance enhancement during non-contact sporting activities where the natural tendency to clench and grind the teeth may occur, such as: golf, weightlifting, tennis, cycling, bowling, archery, skeet shooting, etc.
10. Avoid chipping, fractures, excessive wear and loosening of the teeth.
11. Night guard may reduce snoring.

How long can I wear my NiteGard® night guard?

It is recommended that you wear your night guard no longer than 12 hours in any 24-hour period.

Can I wear the NiteGard® night guard during the day?

Yes, many people find it helpful to wear the NiteGard® during the day. It is most beneficial to wear it during stressful times when you notice you clench or have tooth grinding. This could be while you are driving your car, working on the computer, cooking dinner or any other time when you notice increased stress and tension.

Why might a night guard or other protective appliance be advisable?

If designed correctly, nighttime appliances help keep teeth from moving, protect ceramic restorations, and protect teeth from wear damage caused by grinding or clenching. A smile is your greatest asset and can be safeguarded by wearing a night guard. A night guard (occlusal splint, bite guard) may serve as a preventive measure for already healthy teeth, or it may be the best way of looking after your investment of cosmetic and restoring procedures. A night guard is often recommended as the first line of treatment for bruxism, (teeth grinding) and TMD (dysfunction of the TMJ). It is usually worn while you sleep to prevent damaging your teeth by the clenching or grinding associated with either the psychological aspects of stress, one's abnormal bite, a sleep disorder, or a combination of the above.

Can I talk with this night guard in my mouth?

Absolutely! Custom night guards are not bulky. They're custom-fitted for your individual teeth. Your tongue is not restricted and moves around freely. Our night guards are comfortable to wear while sleeping, plus you can wear them during the day without any restrictions. You will be able to talk while wearing your new custom-fitted night guard.

Is this a hard acrylic type night guard?

We sell the ADL or Advanced Dual Laminate Nightguard. It is a unique combination of two materials formed into a single laminated sheet. The outside of the night guard is made of an increased tensile strength material designed for strength and durability, while the inside of the night guard is a soft yielding composite designed for comfort & adaptability. The harder, outside surface assures long-lasting wear, while the inside, soft liner assures comfort secure fit.

Is it really simple to take my own impressions at home?

Taking your own impression is not difficult providing you follow our step-by-step instructions. We include a guide in our kits that will walk you through the entire process, plus we have pictures on our website for further clarification.

How long does it take to get the night guards back?

After we receive your impressions, usually 3-4 days after you have shipped them; it typically takes us 5 working days to custom-make the night guard. It then takes another 2-3 days for them to reach you after we have shipped them. So we ask for 10 business days to complete your order. Please consider the time delay, and remember, your night guard is being custom made; and it takes a little longer than purchasing them from a store or worse, the dentist.

What about adjustments?

Because our night guards are not the boil and bite type of mouthguards but instead are custom made, there should be no need for adjustment.

What if they don't fit?

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In the event that your night guard does not fit, we'll resend you an impression "re-do" kit so we can get another impression to remake your night guard. The re-do kit is \$12. You will be required to pay the 3-way shipping cost of \$18.00.

What is best, an upper or a lower night guard?

Whether you choose an upper or lower night guard is a matter of preference, the effectiveness is the same for both; however, the exception is when you have dental work that prohibits wearing a guard on one or the other arch, or when your dentist has advised otherwise.

What is bruxism (teeth grinding & clenching)?

Bruxism is the technical term for grinding and clenching that abrades teeth and may cause facial pain. People who grind and clench, often called bruxers, unintentionally bite down too hard at inappropriate times, such as during sleep. Many people are unaware that they even have bruxism since it often occurs while they're sleeping. If you wake up with dull headaches or vise-like pain, you may be one of many people suffering from bruxism. Your dentist can usually detect the telltale signs of bruxism on your teeth.

Can bruxism cause harm?

Bruxism can either directly or indirectly cause many problems. Grinding can cause teeth to become painful or loose. Patients can literally grind away parts of their teeth, leaving them with worn surfaces or fractured enamel. People who have otherwise healthy teeth and gums can clench so often and so hard that over time their teeth become sensitive and they experience jaw pain and headaches. Forceful biting when not eating may cause the jaw to move out of proper balance.

What are the signs of bruxism?

Grinding is a common occurrence among many people at some time or another. If you develop facial pain, fatigue or other problems, treatment may be needed. Talk with your dentist if you suspect that you are grinding your teeth. During regular dental visits, they usually check for physical signs of bruxism. When a person has bruxism, the tips of the teeth look flat. Teeth are worn down so much that the enamel is rubbed off, exposing the inside of the tooth, which is called dentin. When exposed, dentin may become sensitive. Bruxers may experience pain in their temporomandibular joint (TMJ), or the jaw, which may manifest itself as popping and clicking. Tongue indentations are another sign of clenching. Stress and certain personality types are more often affected by bruxism. For as long as humankind has existed, bruxism has affected people with nervous tension. Anger, pain and frustration can trigger bruxing. People who are aggressive, competitive, and hurried also may be at greater risk for bruxism. Incidentally, women have a higher prevalence of bruxism, possibly because they are more likely to experience tissue alterations in the jaw.

What causes bruxism?

More research is needed to determine the exact cause of bruxism, but it is thought that both emotional and physical factors are involved. Some of the contributing factors may be stress or sleep disorders, an abnormal bite, or crooked or missing teeth.

What can be done about bruxism?

There are a number of ways to treat bruxism. Your dentist will determine which single treatment or combination of treatments is right for you. When stress is the major cause of bruxism, you must find ways to relax. People who have difficulty handling stress may need to seek counseling, or the dentist may prescribe muscle relaxants to relax jaw muscles. Many times a night guard can prevent grinding from occurring during sleep. To help alleviate muscle pain, physical therapy may be needed. The objective of therapy is to get the bruxer to change behavior by learning how to rest the tongue, teeth and lips properly. When some people become aware of their problem, simply advising them to rest their tongue upward with teeth apart and lips shut may be enough to change their behavior and relieve discomfort.

Have you ever been told that you grind your teeth? Maybe you need a grinding tooth guard. Tooth grinding (bruxism) is an oral habit which involves clenching and grinding the teeth. It is not uncommon in our society. Approximately 50% of adults experience bruxism. 15% of children acquire this behavior. Most often, this habit goes by unnoticed by the person. Bruxism can occur during the day or night.

What causes bruxism?

This condition has no specific cause, but is believed to be a combination of many factors, such as:

- emotional stress
- personalities characterized as aggressive, controlling, precise, or who have time urgency and achievement compulsion tend to develop bruxism

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- malocclusion (teeth are not aligned properly)
- children whose parents brux are more likely to develop this habit than children whose parents do not brux

Signs of bruxism:

- tooth wear, fractures of the teeth and fillings, especially on the front teeth
- grinding noise noticed by a sleeping partner
- facial muscle pain and fatigue
- locking, cracking, and clicking of the jaws
- headaches
- tooth mobility
- sensitive teeth

Bruxism treatment:

- your oral health professional, your dental hygienist or dentist can make you aware of the habit and suggest behavioral therapies to stop the bruxism
- stress reduction and coping techniques can be initiated to reduce the emotional stress you may be experiencing
- a removable intra-oral appliance can be made for you. The grinding tooth guard protects the teeth from the forces of clenching or grinding the teeth together. A bruxism mouth guard or nightguard is more practical for treating the night bruxer than for those who have daytime clenching and grinding habits.

If you think you may be experiencing this oral problem, see your oral health professional.