

PATIENT INFORMATION · PREVENTIVE DENTISTRY

Night guards

A custom-fitted guard to protect your teeth from grinding and clenching.

What is it?

A night guard (occlusal splint) is a custom-fitted plastic guard worn over your teeth, usually at night, to cushion the force of grinding and clenching (bruxism). It helps reduce wear and chipping, and can protect crowns, veneers and fillings. It can also be part of managing jaw joint disorders (TMD).

A guard protects the teeth but doesn't treat the cause of grinding. If you snore or stop breathing in your sleep, talk to your GP, as a guard isn't a treatment for sleep apnoea.

Who it may help

- ✓ People who grind or clench their teeth
- ✓ Anyone with worn, chipped or flattened teeth
- ✓ People with jaw discomfort, as part of managing TMD
- ✓ Protecting crowns, veneers or other dental work

Suitability depends on your individual situation and is confirmed after an examination.

How it works



1 Grinding or clenching can wear down the biting surfaces of the teeth.



2 A scan or impression records your teeth and bite.



3 A custom guard is made from durable plastic to fit over your teeth.



4 You wear the guard while you sleep. It helps cushion the forces of grinding and clenching.

Simplified illustration, not to scale. Your own treatment may differ.

What to expect

- 1 Consultation.** Your dentist checks your teeth, gums and jaw, and asks about grinding or jaw pain.
- 2 Digital scan.** Your upper and lower teeth are scanned. Bite analysis may be used.
- 3 Making the guard.** The guard is made in our lab from your scan.
- 4 Fitting.** It is checked on a model, then in your mouth, and adjusted for comfort and your bite.

Common signs of grinding include jaw ache or headaches on waking, worn or chipped teeth, or a partner hearing grinding. A guard can feel strange for the first few nights.

Aftercare

- ✓ **Cleaning:** rinse and gently brush the guard each morning; mild soap and water also works
- ✓ **Storage:** let it dry and keep it in a ventilated case; keep it away from hot water and direct sunlight
- ✓ **Checks:** bring it to your check-ups so we can check the fit and wear, as guards can wear down over time

General guidance only. Always follow the specific instructions your dentist gives you.

Costs & health funds

Fees depend on your treatment and are confirmed after an examination, with a written estimate before planned treatment starts. Your health fund rebate depends on your fund, level of extras cover, annual limits and waiting periods. We can claim on the spot with Tyro, so on the day you pay any gap. All health funds are welcome.

Questions to ask your dentist

- ? Do I show signs of grinding or clenching?
- ? Would a custom guard suit me better than a shop-bought one?
- ? Will a guard help my jaw discomfort?
- ? How long will the guard last?
- ? What will it cost, and what might my health fund cover?

Before your appointment

- ✓ Tell us about jaw ache or headaches on waking, worn or chipped teeth, or if a partner hears you grinding
- ✓ If you snore or stop breathing in your sleep, talk to your GP too
- ✓ Your Medicare card and health fund card, for on-the-spot claiming with Tyro
- ✓ A DVA or concession card, if you have one
- ✓ A list of your medicines, including blood thinners and supplements
- ✓ Tell us about any changes to your health or medicines since your last visit

General guidance only. Always follow your dentist's specific instructions.

Paying and claiming on the day

- ✓ Pay by EFTPOS or card, including tap and pay
- ✓ Bring your health fund card: we claim on the spot with Tyro, so you only pay any gap
- ✓ All health funds are welcome; your benefit depends on your fund and level of cover
- ✓ For planned treatment, ask for a written estimate with item numbers to check your benefit with your fund
- ✓ We can also send quotes and invoices by SMS or email through Tyro Health; claim links expire after 24 hours
- ✓ We never ask for your card details by phone, by email or in an SMS reply

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