

THE DENTAL INSTITUTE

Excellence in General, Cosmetic & Implant Dentistry

Night Guards

If you're experiencing chronic headaches and migraines by involuntary night-time teeth clenching and grinding, let us help you with a night guard. A night guard is a thin transparent device that is worn over the biting surface of your teeth while you sleep to prevent contact between the upper and lower teeth.

The Night Guard Fitting Process

- Impressions are taken of your upper and lower teeth to confirm an accurate fit
- Using your impressions as a mold, the night guard is crafted out of strong, durable plastic
- When the guard is finished, it is properly fitted to your mouth
- Simply wear the guard while you sleep every night

Benefits of a Night Guard

- prevents migraine pain
- prevents tension-type headache pain
- can help prevent jaw disorders by relieving pressure
- prevents teeth grinding

Mouth Guards

Custom sports mouth guards can be an excellent way to protect your teeth while playing sports. Unlike uncomfortable, bulky traditional boil and bite guards, our customized sports mouth guards offer a comfortable fit and superior protection. The American Dental Association estimates that over 2 million teeth are knocked out from sports related trauma, so our mouth guards can prevent serious injury and save you a lot of pain.

Benefits of Sports Mouth Guards

- reduces the risk of concussion from lower jaw impacts while play sports
- Sports mouth guards protect teeth from being knocked out or fractured
- provides a comfortable fit allowing for natural breathing and speaking
- prevents jaw fractures by acting as a cushion between upper and lower jaw