

# Dental Appliances



Clarence Street  
DENTAL Group

There are many options for dental appliances depending on your specific needs. These can vary from clenching and grinding to snoring to sleep apnea. Another simple type of device is a sports guard. All have great importance for your oral health care and the protection of your teeth and smile.

## Nightguard:

It has been recommended for you to get a nightguard to help prevent further wear on your teeth. It is likely that you are grinding your teeth in your sleep and don't even know it. A nightguard is a great way to help you from causing further damage to your teeth like chipping and breaking. Involuntary clenching while you sleep can lead to sore, fatigued muscles and severe headaches. By reducing night-time clenching, you will feel more rested and refreshed. It will stop your teeth from coming together which prevents you from clenching and grinding.



A nightguard is a hard, clear plastic retainer that is custom designed to fit your bite. It is worn while you are sleeping to prevent your teeth from closing. They are designed to help reduce the amount of stress and pressure you are putting on your teeth by clenching and grinding in your sleep. It may take a couple of weeks to get use to wearing it but there should be no pain involved. You will notice a significant difference in about 2 weeks.

## Sportsguard:



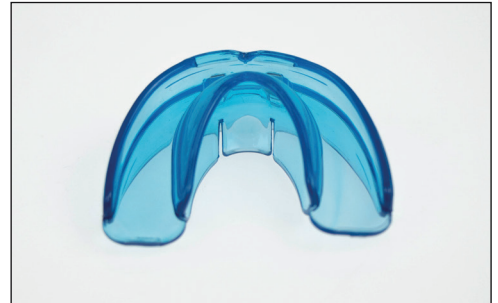
If you play any type of impact sport, it is highly recommended for you to wear a sportsguard. Sportsguards are flexible custom fitted devices which are worn over your teeth during athletic or recreational activities. They act as a buffer to prevent damage to your teeth. They are also a barrier between your lips and tongue that will help limit the risk of soft tissue damage. If you have braces on your teeth, they help prevent any potential trauma to your soft tissues from the metal brackets. One of the greatest benefits of a mouthguard is their safeguard against serious injuries such as concussions, neck injuries, and jaw fractures.

There are multiple types of sportsguards including stock guards, "boil and bite" guards, or custom fit mouthguards. These custom fit guards are made specifically for you. They are designed to cover all your teeth and can cushion against falls or blows to the chin. They come in a variety of colours which you can choose at the time of your impressions with your dentist.

## Snore Guard:

If someone in your life complains about your snoring, there is something you can do about it. Snoring is caused by your air passage being blocked or narrowed. A snore guard is an appliance you wear at night which helps prevent you from snoring. It thrusts your jaw forward which allows your airway to be opened. This will allow you to have a more restful sleep, less issues with fatigue and concentration problems, and helps prevent headaches.

There are other devices that can be purchased at the pharmacy, but a custom fit snore guard is designed with you in mind. It is comfortable to wear and can be made by your dentist. Please let us know if this is something you suffer from and we will be happy to help you find your solution.



## Sleep Apnea Appliance:



Sleep Apnea is a chronic, ongoing condition that disrupts sleep. These pauses in your breathing occur several times per hour and last for over 10 seconds. This causes your blood oxygen levels to decrease which will awaken your brain to cause you to have a loud gasp or snort. Sleep apnea is diagnosed through a sleep clinic study and treatment is recommended. If your physician recommends a mandibular advancement device, you would see your dentist to have this customized and made for you.

This appliance is very similar in function to that of a snore guard. It is designed to open your airway allowing you to breath better. Please discuss this with your dentist or family physician. Your initial step will be to have a sleep study completed and your family physician will need to refer you to a sleep lab.