

How Night Guards Should Fit



If you experience jaw pain, grind, or clench your teeth at night, custom-fitted mouthguards may be the option for you. Visiting a dentist is recommended if any of these symptoms are present, and they can help determine the best option. There are essential things to know about night guards. But the most important thing when it comes to night guards is how they fit.

What to Know About Night Guards

If you go to a dentist's office, they can create a [custom night guard](#) that fits your mouth perfectly. Night guards are designed to provide a barrier between your top and bottom teeth. The protective barrier limits jaw pain and prevents teeth from chipping or cracking. A night guard is supposed to fit tight around the teeth. It may feel uncomfortable for the first while, but once you become accustomed to the feeling, you won't even notice it's there.

Signs to Look for with a Poorly Fitted Night Guard

There are telltale signs that point to an improperly fitted night guard. Signs include:

1. Night guard easily falls out at night

If the night guard feels loose and even falls out of your mouth, it is too large. It should feel tight and secure, even in your sleep.

2. It irritates the gums, cheeks, or teeth

If a night guard does not fit perfectly to your teeth, it can irritate your mouth. The night guard should cause no pain or discomfort.

3. Jaw pain

Jaw pain may be a sign that the night guard is poorly fitted and is causing your mouth to sit unnaturally.

4. Teeth appear to have shifted

If the night guard is tight but does not fit snugly on each tooth, it can shift teeth.

If the night guard does not fit like a glove, it is not properly fitted to your teeth. If the night guard is too tight, however, this can also be a sign of a poor fit. A custom night guard involves getting impressions of the teeth to create a mold that fits every little crevice. It should feel comfortable after the first few nights. The night guard shouldn't reach the top of the teeth as it only protects the lower half.

If you are prone to grinding your teeth at night, Markham 7 Dental can help you choose the best option for your oral health. Jaw pain, chipped teeth, and headaches in the morning are common signs of clenching your jaw or grinding your teeth at night. We provide custom-fitted night mouth guards made of either soft or rigid material to help alleviate pain and prevent issues from getting worse, leading to additional side effects. To learn more about the service, visit our website.

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