

## Patient Instructions: Nightguard Home Care

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“What you can do for yourself may be more important than what we can do for you.”

### Control Muscle Abuse

- Avoid sleeping on your jaw
  - Try a cervical pillow
- Use your appliance as directed
  - Every time you sleep
    - When not wearing it, clean it, then store in the case
- Avoid chewy foods or any foods that fatigue your muscle
  - Ice, raw vegetables, hard crusted bread, apples, and large sandwiches
- Avoid clenching your teeth
  - “Lips together, teeth apart”
- Consider muscle strengthening exercises

Type of Stretching	Main Characteristics	Parameters	Purpose
Static stretching (passive)	A specific position is held with the muscle in tension to the point of a stretching sensation	10-30 s (<90 s), 2-4 repetitions	Improve range of motion prevent injury improve performance
Active dynamic stretching	Gently propelling the muscle toward the maximum range of motion	3-6 repetitions of 15-30 s	Improve viscoelasticity improve range of motion

- Do not open too wide
- Limit caffeine within 6 hours of bedtime
  - Healthy diet, adequate sleep, and exercise
- Apply moist heat/massage twice a day
- Take medication as prescribed
  - Ibuprofen
  - Naproxen
  - Other

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