



PERIO POINTERS

Nightguards/Mouthguards

Types of Nightguards:

Over the Counter– Drug or Sports Stores

NTI

Full occlusal vacuum formed

Full occlusal hard acrylic with soft liner

Flexiguard

Lower full occlusal

Hawley retainer with maxillary anterior flat plane

Reasons for a nightguard/mouthguard:

Injury prevention

Occlusal trauma

Mobility

Implant case

Restorative– porcelain against natural teeth

Porcelain restorations

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Fair time

Learn from the mistakes of others, you can't live long enough to make them all yourself. -Mark Twain

Newsletter Spotlight

I like to think of nightguards as an insurance policy. It protects the patient's investment in periodontal therapy or restorative therapy.

I use Annalan Laboratory in California. Their phone # is 1-800-222-0495. Cost is about \$129.

Good impressions are a necessity.

Case Study



Do your young patients a service and recommend a mouthguard if they are doing sports. **Dental injuries lead to a lifetime of dental misery.**

The type of nightguard depends on why you want one for the patient. OTC are a good choice if you want to see if a nightguard will help a TMJ case or prevention of injury.

There is never an indication for the NTI. This is an example of marketing. It makes no sense and I would not want the risk of a patient swallowing it. I never use a Hawley for a lot of the same reasons even though it is better than NTI.

I personally like the Flexiguard from Annalan Labs which is a maxillary full occlusal and very comfortable for the patient. Comfort is important for compliance. For periodontal patients who have bruxism and/or mobility I strive for a flat plane centric occlusion, no working or balancing interferences, a cuspid rise in most cases and all six anteriors hitting in protrusive.

A flexible vacuum formed would work well for cases where you are trying to protect the restorative or again as a diagnostic aid in TMJ disorders. These tend to be destroyed by occlusion.