

# Mouth guards offer powerful protection

Learn how they can help — and the most common reasons you might need one

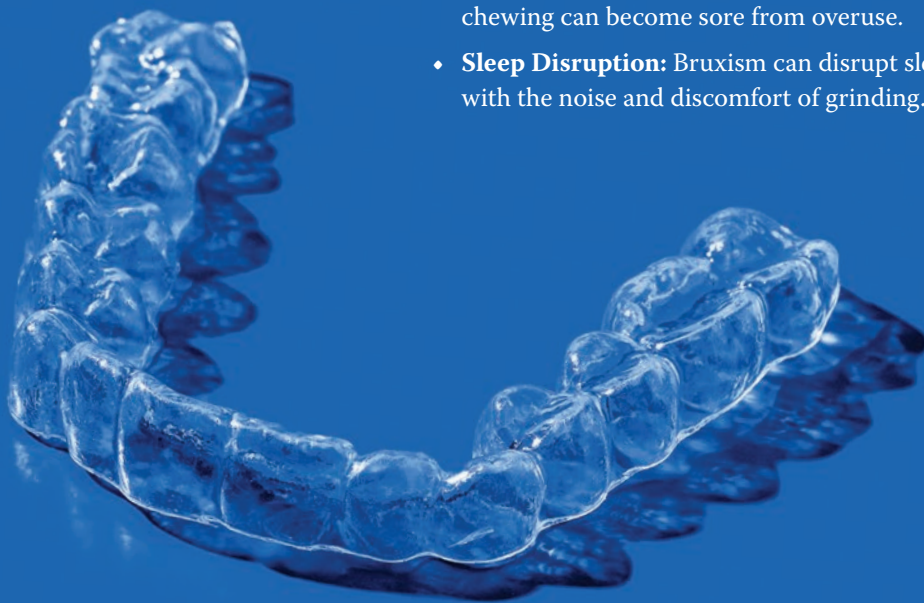
A mouth guard is a device designed to cover and protect teeth. Your dentist can determine if one could benefit you.

## Commonly used for:

- **Bruxism (Grinding and Clenching):** Night guards help prevent wear and tear due to grinding, often done while sleeping.
- **Temporomandibular Joint Disorders:** TMJ splints help alleviate jaw pain associated with TMJ.
- **Sports Activities:** Mouth guards can protect teeth from injuries during sports.

## Can help you avoid:

- **Tooth Damage:** Bruxism can cause teeth to flatten, chip, fracture or loosen, leading to sensitivity and the need for restorative dental work.
- **Jaw Pain and Dysfunction:** Grinding and clenching can strain the temporomandibular joint (TMJ), causing stiffness, headaches and TMJ disorders.
- **Muscle Fatigue and Pain:** Muscles used for chewing can become sore from overuse.
- **Sleep Disruption:** Bruxism can disrupt sleep with the noise and discomfort of grinding.



Rinse mouth guards with cool water after each use, and avoid hot water or harsh chemicals that can damage it.



Explore conditions that  
may need a mouth guard  
by scanning the QR code.

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