

What Are Mouthguards?

Why Do We Need Them?

Mouthguards are dental devices that cover and protect your teeth. Mouthguards are custom-made guards that protect your teeth, gums, tongue, and cheeks from trauma caused by sports injuries or teeth grinding. You can also wear a [mouthguard for sleeping](#) if you have a problem with teeth grinding. Children and adults can both wear mouthguards. Your dental health care provider may suggest a mouthguard if you and your child-

- If your child plays contact sports like hockey, basketball, soccer, basketball, boxing, etc. Which increases the risk of getting hit on the face
- Grinds teeth (bruxism)
- Takes part in non-contact activities with a high fall risk like gymnastics, ice skating, or biking



How do mouthguards help with bruxism?

You can quickly treat most bruxism cases with the help of a mouthguard. Nightguards for teeth are also known as bruxism mouthguards or bite splints. They work by creating

a barrier between the teeth when you clench your jaw. A **bruxism mouthguard** for teeth helps to reduce the tension and give protection to the jaw and muscles.

It also protects the enamel of your teeth. Teeth night guards are available over-the-counter without a prescription, via a dentist, or for a reasonable price from a specialist online retailer. There are various ways you can fit a **mouth guard for teeth grinding**. And your dentist will determine the one that is ideal for you by your specific requirements.



What are the different types of night guards available?

The different types of mouthguards available are

Soft Night Guard

The most common mouthguard for teeth helps in **bruxism treatment** and occasional or mild cases. They are not for severe teeth grinders.

PROS:

- The most comfortable night guard of all
- Usually cost lower

CONS:

- Most adaptable/easy to get habitual.
- Usually less expensive
- Unintentionally, some people clench or chew the soft substance.

Hard Night Guards

A hard nightguard for teeth consists of acrylic and is highly rigid but durable. You can use them for very severe grinding cases and TMJ. Dentists who do [TMJ treatment near me](#) recommend a hard night guard to treat TMJ symptoms.

PROS:

- Most long-lasting
- Prevents tooth shifting

Cons:

- Usually provides the longest warranty.
- Nightguards that are thicker than normal
- Uncomfortable in comparison to others

Can you personalize your fit for the mouthguard?

Depending on the brand you choose, you can customize the fit of your night guard. Here are some different nightguard fits for bruxism.

One Size Fits All

You can purchase an over-the-counter mouthguard that is not custom-fit. It may work for occasional teeth grinder and are probably the lowest cost option.

Boil and Bite

With boil and Bite night guard, you can boil the water and bite into it to leave your impression. Usually, it is pretty simple to do and seems to be the most common type out there.

Order Online

Online, you can order night guards. You transmit your impression to the firm that you ordered from, and they send you a mouthpiece that fits perfectly.

Lab-made

Your dentist can provide you with mouth guards. Because they create them in the lab from your imprint, they give the most exact fit.

Conclusion

We hope the above-given information helps you understand more about mouthguards for teeth. The above article discusses the various types of mouthguards and why we need them. For further information concerning mouthguards, please contact edgedentalhouston.com.

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