



THE WAGNER CENTRE
Implants & Periodontics

DO I REALLY NEED AN OCCLUSAL GUARD (NIGHTGUARD / SPLINT)?

Protecting Your Teeth, Gums, and Dental Implants

Many patients are surprised when Dr. Rebecca Wagner recommends an occlusal splint—especially if they do not think they grind or clench their teeth. However, most grinding happens during sleep, and many people are completely unaware it is occurring.

A custom occlusal guard (OG) is worn at night to reduce excessive biting forces and protect your teeth, gums, and dental implants.

1. Most Grinding Happens During Sleep

- Worn or flattened teeth
- Tooth sensitivity
- Morning jaw fatigue or headaches
- Chipped or cracked teeth
- Loose teeth
- Broken fillings or crowns

2. Why Grinding Matters for Gum and Bone Health

- Increased tooth mobility
- Slower healing after periodontal treatment
- Additional bone loss
- Teeth shifting or flaring

3. Protection After Periodontal Treatment (Including LANAP)

- Reduces trauma from nighttime clenching
- Protects teeth while bone and attachment stabilize
- Prevents excessive pressure on healing teeth

4. Dental Implants Need Protection Too (Especially With Peri-Implantitis / LAPIP)

- Bone loss around implants
- Loosening of implant screws
- Fracture of implant crowns or prosthetic teeth
- Increased risk of peri-implantitis
- Repeated screw loosening
- Chipping or fracture of implant restorations
- Cracks in implant crowns or bridges
- Frequent need for bite adjustments

5. Nightguards Protect Your Dental Work

- Crowns
- Fillings
- Veneers
- Natural teeth
- Implant restorations

6. Prevention Is Much Easier Than Repair

- Replacing crowns or fillings
- Treating cracked teeth
- Managing gum or bone loss
- Implant repairs or replacement

When Dr. Rebecca recommends an occlusal splint, it is because there are signs that your teeth or implants could benefit from additional protection. Our goal is to protect your teeth, gums, implants, and dental work so they remain healthy and stable for many years.