



Desert Vista North
9301 E. Shea Blvd. Suite 111
Scottsdale, AZ 85260
(480) 767- 8804

Desert Vista West
1646 N. Litchfield Rd. Suite 125
Goodyear, AZ 85338
(623) 935- 2755

Night Guard and NTI

Night guard trays can be vital to protecting the health of your teeth and jaw, particularly if you tend to grind or clench your teeth during sleep.

The NTI night guard was approved by the FDA in 2006. It is a small, custom-fitted plastic device that slides on to the top front teeth and reduces the intensity of jaw clenching. In clinical studies, 80 percent of subjects experienced a reduction in migraine headache pain when they used the NTI night guard.

Care of your night guard or NTI

1. Remove your night guard after use and thoroughly rinse under cool water.
2. Place a small dab of toothpaste on your toothbrush and gently rub the bristles against the night guards.
3. Fill a shallow container with water.
4. Drop a denture cleaning tablet into the container and let it fully dissolve into the water.
5. Place your night guard trays into the solution. Soak the trays there for at least 10 to 15 minutes.
6. Remove the trays from the container and rinse them. Dry with a paper towel.
7. Put your night guard or NTI into its proper container (Dry). This case will protect the night guard from damage. Clean the case with cool water and mild soap once a week.
8. Inspect your custom-fit night guard once a week to see if there is any damage. You should look for any holes or tears. Contact our office if you find any damage.
9. Bring your night guard or NTI at your cleaning appointments. We will be more than happy to clean it.

NTI-TSS.com