





## **Clear Liners**

Clear Liner uses a series of plastic aligners placed over the teeth to help you have straighter teeth and a proper bite. The aligners are made of a smooth, transparent plastic that is virtually invisible. Like traditional braces, the Clear Liners system slowly shifts your teeth to a proper position.

## **Night Appliances**

One of the best ways to combat teeth grinding is by wearing a night appliance. A night appliance is a mouthpiece you wear while you sleep that forms a protective layer between your upper and lower teeth. They will prevent you from doing any damage to your teeth or jaw caused by teeth grinding during sleep.

## **Sport Guards**

Our office will custom-fit sport guards perfectly to your mouth, ensuring cushioning in the right places and keeping your bite intact. Although you can pick up a generic version at a local he drugstore or sporting goods store, it is highly recommended to be made by a professional, ensuring proper fitment, function, and protection.