LUSSO DENTAL

Night Guards and Sports Mouthguards

Questions and Answers

LUSSO DENTAL · WEST BYFLEET

54 Station Approach, West Byfleet, Surrey KT14 6NE · lusso.dental

FREQUENTLY ASKED QUESTIONS

Night Guards and Sports Mouthguards: your questions answered

Custom made guards that fit over your teeth: night guards to protect teeth and reduce strain from clenching or grinding, and sports mouthguards to help protect your teeth during contact sports.

FREQUENTLY ASKED QUESTIONS

Your questions answered

Will a night guard stop me grinding?

Usually not. It protects your teeth and may reduce jaw strain, but the habit may continue. Reducing stress, caffeine and alcohol can also help.

Upper or lower guard?

It depends on your bite, comfort and any existing dental work. We will recommend the type that suits you.

Hard or soft night guard?

Hard guards are durable and easier to adjust. Soft guards can feel more comfortable but some people chew on them more. We will advise you.

Is a custom sports guard better than a shop bought one?

A custom guard fits more closely, is more comfortable and stays in place better, which encourages people to wear it.

How long will my guard last?

It depends on how much you grind and how you care for it. Bring it to every visit and we will tell you when it needs replacing.

Can children have sports guards?

Yes. Children's mouths change as teeth come through, so their guards need checking and replacing more often.

Can I wear a sports guard with braces?

Some guards are suitable, but please tell us so we can advise on the right option.

My jaw clicks. Will a guard help?

It may help with muscle tension, but clicking often continues. If you have pain or locking, we may suggest further assessment or a referral.

IMAGES, VIDEOS AND FURTHER READING

See it for yourself

Before and after photographs of Dr Kal's own work are in our smile gallery, and treatment videos are on our YouTube channel. These independent sources are also a good place to read more.

LUSSO general and family dentistry	General dentistry at LUSSO, including guards and appliances, with images.
LUSSO technology	Our digital scanning and imaging, with images.
GDC: what to expect from your dental team	The standards of care you can expect. Text only.
NHS: knocked out tooth	What to do if a tooth is knocked out. Text only.

Need us? Call 01932 507650 or WhatsApp 07835 798 611 in opening hours, or email hello@lusso.dental. Out of hours, call **NHS 111**. If you have difficulty breathing or swallowing, heavy bleeding that will not stop, or swelling spreading to your eye or neck, call **999** or go to A&E.

LUSSO
DENTAL

Ready when you are

A purpose built private dental wellness clinic opposite West Byfleet station, led by Dr Kal. Implants, cosmetic dentistry, sedation and family care. Opening Q1 2027.

NEW PATIENT OFFER

£1,010 of care for £49

For the first 150 patients to register: a Dental Wellness Assessment with Dr Kal, an advanced 3D scan, Digital Smile Design, a 30 minute hygiene visit and a professional whitening kit with custom trays. £49 is paid when you book and covers your trays.

REGISTER MY INTEREST

lusso.dental/new-patient-offer · Offer terms apply

SCAN TO REGISTER

CALL
01932 507650

WHATSAPP
07835 798 611

EMAIL
hello@lusso.dental

54 Station Approach, West Byfleet, Surrey KT14 6NE · opposite the station

LUSSO.DENTAL · @LUSSODENTAL

This guide is general information and does not replace a personal consultation. Guide prices correct at October 2026 and confirmed in writing at consultation. Results vary between patients and no outcome is guaranteed. LUSSO Dental is a trading name of Lusso Dental WBF Limited, registered in England and Wales, company number 17272763. Principal dentist Dr Kalpesh Prajapat, BDS MFDS RCS(Ed) DipClinDent, GDC No. 264109. Registration with the Care Quality Commission is in progress.