

# BRUXISM SPLINTS

From the Office of Dr. Michael J. Guy 511A Lakeshore Drive, North Bay ON, P1A 2E3

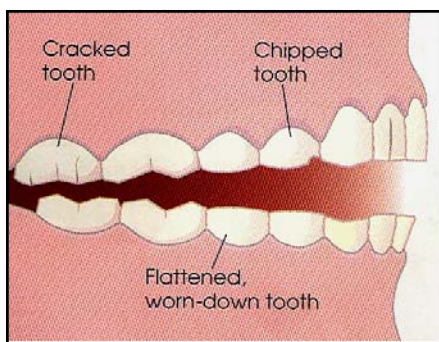
During your comprehensive exam, we discover you may grind and/or clench your teeth

Teeth grinding and clenching (Bruxism or Parafunctional habits) is very common. Although teeth grinding and clenching happen at any time, people often grind their teeth in their sleep. You may not even you're doing it. The causes are not clear. Stress is one reason for the habit but often the reason for the habit is not known.

### Damage caused by teeth grinding

Tooth grinding and clenching habits may cause

- Chipped enamel
- Flattened, grooved, worn-down teeth
- Loosened teeth
- Cracked teeth



### Symptoms of Grinding and Clenching

You may have some or all of the following:

- Tense, sore, tired jaw or jaw muscles
- Dull headaches
- Earaches
- Sensitive teeth

### Something needs to be done to prevent any further damage

A splint when worn will help protect

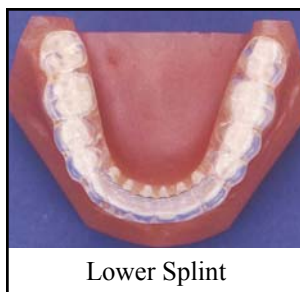
your teeth from the harmful effects of parafunctional habits such as grinding and clenching.

### Splints

A splint or nightguard is a hard acrylic appliance that is custom fabricated to fit snugly over either your upper or lower teeth. A splint can cover all the teeth on one jaw (full) or only a few (partial)

**We use two types of splints in our office: The lower full splint and the NTI-tss. We may recommend either one or both.**

### Lower Full Splint



The lower splint covers all your lower teeth and the biting surface is meticulously adjusted to fit as perfectly as possible against the opposing teeth. When the splint is in, the jaw should close with even tooth contacts on all your upper teeth.

### The lower splint requires two one-hour appointments:

1. At the first we will take models of your teeth and a registration of your bite. These will be sent to the dental lab for fabrication of the splint. This will take one to two weeks.
2. At the second appointment the splint will be fitted on the lower teeth and the bite adjusted precisely to the up-

per teeth. You will then be given instructions for wear

As the muscles relax, the bite on the splint may change. Follow-up appointments during this trial period are necessary to monitor your progress and to adjust the splint if it is necessary. If at any time you feel your bite on the splint changes drastically, call our office and we will try to schedule you with an earlier appointment.

### NTI-tss

The NTI-tss is fitted to your two upper front teeth and is worn only while you sleep. The NTI-tss takes about 15 minutes to fit and adjust. The NTI-tss takes advantage of your reflex reaction. When your lower teeth hit the device a signal is sent to the jaw muscles to reduce contraction. By wearing the NTI clenching intensities are reduced by 66% of full power helping muscles relax.



### How much does a splint cost?

The average cost of a splint therapy will range from \$600 to \$700. Dental Benefits and eligibility will vary from one carrier to the next. However, to be sure our office will send a pre-determination to your dental benefits company to find this out.. The following table is a breakdown of the fees

Lower Full Splint + Lab	14612	\$350.00
NTI-tss	14612	\$250.00
Splint adjustment appointment (15 minutes)	14621	\$50.00



## INSTRUCTIONS AND CARE FOR YOUR BRUXISM SPLINT

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### Instructions

Please wear splint at night to protect teeth and jaw muscles from grinding and clenching.

Call us **immediately** if you experience anything unusual regarding your teeth, gums, tongue, or mouth or other symptoms.

The splint should fit securely, but without applying undue force or pressure to an individual tooth. Call us for a refitting if you feel continuous pressure or strain on a tooth during device use.

**IF THE NTI-tss DEVICE BECOMES LOOSE OR IF YOU CAN REMOVE IT WITH YOUR TONGUE BY APPLYING ANY AMOUNT OF PRESSURE TO IT, DISCONTINUE USE IMMEDIATELY AND CALL YOUR DENTIST FOR REFITTING. UNDER NO CIRCUMSTANCES SHOULD YOU ATTEMPT TO ALTER THE DEVICE IN ANY MANNER BY HEATING IT.**

If you should awaken after properly inserting the splint and find the splint somewhere other than in your mouth in its original position, sit up or stand upright to reinsert it. With the NTI-tss confirm it cannot be removed by applying pressure to it with your tongue. **IF YOU CAN REMOVE THE NTI-tss WITH YOUR TONGUE BY APPLYING PRESSURE OR IF THE DEVICE DOES NOT LOCK INTO PLACE WITH A SNAP, DISCONTINUE USE IMMEDIATELY AND RETURN TO OUR OFFICE FOR REFITTING.**

Discontinue use if you are ill, have a **cold, flu** or other illness which could cause dislodgment of the device.

Never drink anything without removing the splint first.

Never attempt to wear this device while

you eat or chew anything.

**If your device should chip or crack, or if its condition changes in any way or appears to change in any way, discontinue use immediately and call your dentist to repair it.**

If you see any unusual wear in the device such as a groove in the lower bump, call your dentist immediately to repair it. Also continue to check for any sharp edges/points and advise your dentist immediately to get device fixed.

If you have any dental work or procedure done on your teeth after receiving your device, have your dentist examine the device to insure proper fit, following the work or procedure.

Always bring your device with you during your regular dental checkup so your dental professional can examine it for any repairs or adjustments.

When not in use, always place the device in the device container given to you by your dentist.

The device was custom fit for your use only. Do not give this device to another person for their use.

Keep device away from children or pets. Never insert or remove the device while lying on your back. Insert or remove the device only when standing or sitting upright.

Do not attempt to insert or use the device if you are intoxicated or taking prescription, over-the-counter drugs and/or any other drugs which make you drowsy or would impair you from inserting the device correctly. Check with your doctor if you are taking any such prescription, over-the-counter drugs and/or any other drugs.

### Care of Your Splint and Device Holder

1. Always brush and floss your teeth before use. Trapping food debris and plaque under the device is unhealthy.
2. Clean your device after each time you wear it. To clean the device, rinse with cool water and brush with a soft brush. **DO NOT USE HOT OR BOILING WATER UNDER ANY CIRCUMSTANCES—THIS WILL ALTER YOUR DEVICE AND RENDER IT UNSAFE TO WEAR.** Mouthwash (Listerine®, Cepacol® or non-alcohol types) is non-abrasive and effective for cleaning your device. **HOWEVER, DO NOT SOAK YOUR DEVICE IN MOUTH WASH FOR EXTENDED PERIOD OF TIME. DO NOT USE TOOTHPASTE.** Denture cleaner (Polident® or Efferdent®) loosens plaque and helps prevent staining if used to soak your device in addition to brushing. Rinse your device well to avoid building up a residue of cleaning agents or oral plaque.
4. Keep your appliance in the box provided. Clean this box periodically in warm soapy water to prevent bacterial or fungal growth.
5. Please call your dentist if any problems develop, such as sore spots, sensitive teeth, or sore jaw muscles. Do not attempt to file or alter the device in any way. All such adjustments should be made by your dentist.

**AN IMPORTANT REMINDER  
BRING YOUR DEVICE TO ALL YOUR DENTAL APPOINTMENTS. IT MAY REQUIRE ADJUSTMENT. YOUR DENTIST SHOULD REGULARLY EVALUATE ALL DEVICES YOU WEAR IN YOUR MOUTH.**

**If you have any questions at all regarding the use and care of this device, call your dentist immediately.**