

DAYTIME TREATMENT OF TMJ DISORDER

ALLOWS CLEAR & EASY SPEECH



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THE TMD APPLIANCE

The *TMD Appliance* is designed to assist in the diagnosis of TMJ Disorder (TMD). It is fitted and adjusted by your doctor to the correct therapeutic bite. It is important to use the appliance as recommended to achieve the best result.

After the *TMD Appliance* has been fitted and adjusted by your doctor, ensure that it fits tightly and can be removed and replaced into the correct position. Do not clench or grind your teeth on the *TMD Appliance* as this will cause premature wear and splitting. When in place, just keep your lips together. It is not necessary to have your teeth closed on the *TMD Appliance*, but you should practice moving the lower jaw into the bite your doctor has set for you.

If you are a heavy bruxer, the upper surface may be left flat with no indentations for the upper teeth, in which case you allow your lower jaw to come into its most relaxed position. Use for short periods during the day to start, and then, if comfortable, use all day only taking the *TMD Appliance* out for eating and cleaning your teeth and the appliance.

Remove after use, rinse in water (see cleaning instructions) and place in the container provided. When removed, your teeth may feel that they do not meet for a short time. This is common and shows that the *TMD Appliance* has identified a bite problem.

Use the *TMD Appliance* for night use while sleeping if instructed by your doctor.

WARNING:

PREMATURE SPLITTING OF THE BASE CAN OCCUR IF YOU BITE TOO HARD ON THE *TMD APPLIANCE*.

REPLACE IF DETERIORATION OR SPLITTING OCCURS.

INDICATIONS FOR USE

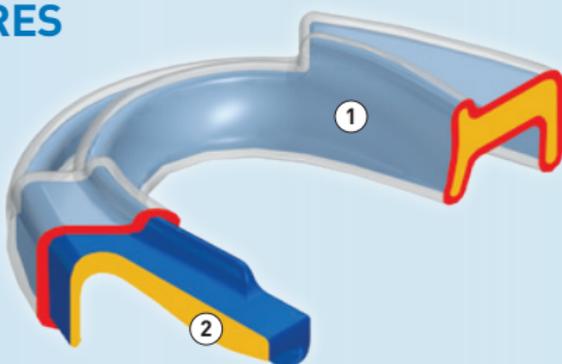
Use the *TMD Appliance* during any daily activities, except while sleeping. As it is low profile and semi flexible, comfort and ease of speech are optimised. The thicker base over the molar area assists jaw joint (TMJ) decompression, which stops clicking of the Temporomandibular Joints (TMJs) when in place. Some tooth, muscle and jaw discomfort may occur in the first few days. This is normal and should lessen after this time. Consult your treating doctor for advice if this discomfort persists.

NIGHT USE WHILE SLEEPING

The *TMD Appliance* can be used at night while sleeping, provided the fit is secure. However the soft and flexible *The TMJ Appliance*[®] is ideally suited to night use and is recommended for use in conjunction with the *TMD Appliance*. Consult your doctor for further information.

DESIGN FEATURES

- 1 Customisable outer cover
- 2 Hard inner core



Dual construction with hard inner core for rigidity, ensuring a tight fit.

The outer cover is made from thermoplastic material, which allows custom fitting to the lower teeth and the correct bite. Your doctor can change the jaw position during treatment if required.

Low profile design allows for easy speech when in place. Aerofoil-shaped splint over the lower back teeth reduces TMD symptoms by decompressing the TMJs.

TEMPOROMANDIBULAR JOINT DISORDER

Many people suffer from TMJ Disorder (TMD), experiencing discomfort of the head, ear, neck and jaw. The disorder can be difficult to diagnose because of the number of variable symptoms.

The most effective method of diagnosis and treatment has proven to be the use of intraoral appliances. Lessening of symptoms after use of intraoral appliances over time confirms the presence of TMD and can also be effective treatment.

The *TMD Appliance* is designed for the diagnosis and treatment of TMD. It is fitted and customised by your doctor to the exact therapeutic bite position required for your treatment. It is low profile and comfortable to wear during daily activities, allowing unimpaired speech.

Suggested use is in combination with the soft and flexible *TMD Appliance*, being used at night while sleeping. This gives an ideal combination of hard and soft splint, plus the *Myofunctional Effect*TM, to retrain the oral muscles and the tongue function.

Cleaning your *TMD Appliance*: Run the *TMD Appliance* under warm water every time you remove it from your mouth and allow it to dry. We recommend using *Myoclean*TM tablets for all your oral appliances twice a week. Ask your practitioner about *Myoclean*TM.

CAUTION: USE UNDER THE SUPERVISION OF AN ORTHODONTIST OR DENTIST.

Lifetime use: 6 months based on everyday wear. Replace after 12 months regardless of wear time. At the first signs of appliance cracking, damage or discolouration, speak to your health practitioner.



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MYOFUNCTIONAL RESEARCH CO.

INNOVATIVE DENTAL APPLIANCE TECHNOLOGY AND EDUCATION



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BEFORE USE