

IMMEDIATE TREATMENT OF TMJ DISORDER

USE FOR ONE HOUR EVERY DAY
AND WHILE SLEEPING



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THE TMJ APPLIANCE®

- Position *The TMJ Appliance*® into your mouth with the tongue tag upwards.
- Make sure the centerline of *The TMJ Appliance*® is aligned with the midline of your upper teeth.
- Close together gently until your teeth lightly contact the aerofoil-shaped base.
- Keep lips together (breathing through the nose).
- Do not clench or grind on *The TMJ Appliance*®.
- Sit quietly in a relaxed position for approximately one hour. It is best if your chair has a headrest so that the head and neck are supported.
- Use for one hour every day and overnight while sleeping.
- After one hour, gently stretch the muscles of the jaw and neck by turning your head from left to right, backwards and forward, and shrugging your shoulders. Remove *The TMJ Appliance*® after these stretching exercises.

FITTING THE TMJ APPLIANCE®

The TMJ Appliance® will fit the majority of adult mouths without any adjustment. Simply remove from its container, place into your mouth, and TMJ treatment starts. People with narrow mouths may feel *The TMJ Appliance*® is too big. This can be corrected by shortening the back ends with sharp scissors.

When in place, *The TMJ Appliance*® achieves symptom relief by relieving pressure on the temporomandibular joints and also by relaxing the jaw and neck muscles.

WARNING:

PREMATURE SPLITTING OF THE BASE CAN OCCUR IF YOU BITE TOO HARD ON *The TMJ Appliance*®.

REPLACE IF DETERIORATION OR SPLITTING OCCURS.

INDICATIONS FOR USE

The TMJ Appliance® may need to be phased in during the first week of use (i.e. 10 minutes/day one, 20 minutes/day two, 30 minutes/day three, etc.) Some teeth may become sensitive during use. If this occurs, decrease application time, then increase again gradually as above.

NIGHT USE WHILE SLEEPING

Once comfortable using *The TMJ Appliance*® (in one to two weeks), it may be worn while sleeping. Some people may find this uncomfortable at first, especially mouth breathers and snorers. If you are unable to wear it while sleeping, increase daytime usage.

BRUXING AND GRINDING

Some people may awaken with headaches due to bruxing and grinding their teeth or clenching their jaws while sleeping. *The TMJ Appliance*® limits bruxing and grinding with its aerofoil-shaped base and double mouthguard design.

A mouth breathers and snorers version of *The TMJ Appliance*® is available - ask your doctor about the *TMJ-MBV* appliance.

DESIGN FEATURES

- ① **Aerofoil-shaped base** for joint decompression.
- ② **Tongue tag** stops tongue thrusting, reverse swallowing and other contributing factors in TMJ Disorder.
- ③ **Tongue guard** controls the tongue position.
- ④ **Double mouthguard effect** (vertical sides) limits bruxing and grinding.



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 TMJ Appliance® is a prefabricated intraoral appliance, designed specifically for the immediate and effective treatment of TMD without the need for time consuming moulding, custom fitting, and adjusting.

The design of *The TMJ Appliance*® incorporates the *Myofunctional Effect*™. This helps to retrain the incorrectly functioning oral and tongue muscles that contribute to TMD.

Bruxing and grinding of teeth is prevented by the patented aerofoil-shaped base and double mouthguard design.

Use in combination with the *TMD Appliance* for daytime use if directed by your doctor.

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

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



SINGLE PATIENT MULTIPLE USE



KEEP OUT OF DIRECT SUNLIGHT



CLEAN BEFORE USE