

BRUXOGARD™

Protects teeth and jaws
from night time bruxing



WHAT IS BRUXING?

Bruxing is defined as grinding, gnashing or clenching of the teeth. It is mostly an unconscious habit as a result of tension or anxiety.

Patients who show long term damage from bruxing can be a restorative nightmare. Occlusal wear, mobility, cusp fracture and TMJ symptoms are evident when these cases arise. Resolving the causes of bruxing goes far beyond the dentist's scope of treatment. However, limiting or preventing further damage from this common problem is the role of every general dental practitioner.

Patients are given limited options for a solution to their bruxing symptoms. Full coverage splints have been used for years to limit the damaging effects of bruxing, but are difficult to fit and adjust. Patients are reluctant to cover the costs and would rather live with the problem, often leading to further damage of the teeth.

BRUXOGARD™ IMMEDIATE BRUXING SOLUTION

The **BRUXOGARD™** is a moulded upper arch appliance developed by Myofunctional Research Company (MRC). It fits tightly to the upper arch, with excellent retention while sleeping. Fitted in under two minutes by the patient or dentist, it provides a soft, flat plane splint (thicker in the molar area) to protect both the dentition and the TM joints from the effects of bruxing. The **BRUXOGARD™** is designed as a simple, inexpensive solution for the bruxing patient.

BRUXOGARD™ Soft

- Made from a layer of EVA.
- Ideal for general use.



The **BRUXOGARD™** Soft fits any mouth size, is flexible and provides good retention with its thick, mouthguard-like sides. The Soft model is best for use when the patient shows no TMJ symptoms, such as clicking or limited opening.

When moulding the **BRUXOGARD™** Soft to the upper arch, ensure the patient does not bite the appliance as this will create a soft, flat plane splint. The thicker base covers the molar area, which stops the excessive compression of the TM joint during clenching.

Recommended use is throughout the night. The appliance can also be used if daytime bruxing is a problem.

BRUXOGARD™ Hard

- Dual layer with a soft outer layer providing an immediate optimum fit.
- Used for heavy bruxers who show signs of TMJ problems.



The **BRUXOGARD™** Hard features the latest dual layer technology from MRC – a hard polyurethane inner core covered by a soft outer layer of EVA. This combination provides optimum retention in the upper arch, and a more durable splint. The extra joint decompression provided at the molar area reduces clicking and other symptoms in the TM joint.

The **BRUXOGARD™** Hard can be made as a flat plane (pivotal) splint with no occlusion, or the patient can bite down on the base while moulding a centric or anterior repositioned occlusion. Since the appliance is only used at night, there is no risk of detrimental occlusal changes. The **BRUXOGARD™** Hard can also be used for preliminary TMJ diagnosis.

MOULDABLE IN LESS THAN 2 MINUTES

To mould the **BRUXOGARD™**, consult the instructions on the insert card.

The **BRUXOGARD™** Soft will wear out after a period of time and should be replaced with a new one when this occurs. If rapid wear is a problem, the **BRUXOGARD™** can be replaced with a conventional, full coverage splint made from acrylic, or the **BRUXOGARD™** Hard.



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