

### Care of your Device and Device Holder

Always brush and floss your teeth before use. Trapping food debris and plaque under the device is unhealthy.

Wear daily or nightly, as instructed by your dentist.

Clean your device after each time you wear it. To clean the device, rinse with cool water. Do not use hot or boiling water under any circumstances. This will alter your device and render it unsafe to wear. Do not use a toothbrush or toothpaste to clean the device.

Denture cleaner soaks such as Polident or Efferdent loosens plaque and helps prevent staining. Rinse the device well to avoid build up of cleaning agents or oral plaque.

Keep your appliance in the box provided. Clean this box periodically in warm soapy water to prevent bacterial or fungal growth.

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 Dental Appointments as it may require adjustment. Your dentist should regularly evaluate all oral devices.

**Moranbah Dental** 

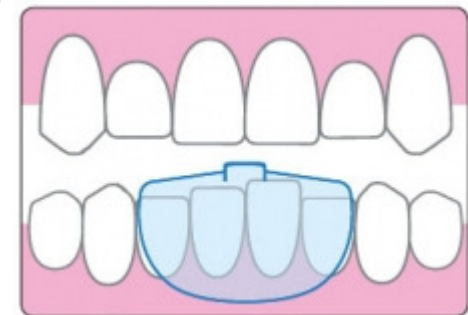
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# MORANBAH DENTAL

NTI Splint

(Nociceptive Trigeminal  
Inhibition Tension Suppression  
System)



## Warning

**If the 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 matter by heating it.**

Your dentist has fitted you with a device to suppress jaw muscle contraction (i.e. clenching and grinding). In addition to the verbal and written instructions that your dentist has given you, read this information over carefully. If you have any questions at all regarding the use and care of this advice, call your dentist immediately.

If you are under the care or supervision of a physician, check with the physician to determine if use of this device is contraindicated because of any illness or medication that you may be taking, thus precluding you from using this device.

Advise your dentist of any allergies you might have. Also advise your dentist of any surgery or other possible reason to expect obstruction if the device should be accidentally ingested, which would interfere with its elimination.

Call your dentist immediately if you experience anything unusual regarding your teeth, gums, tongue, or any other symptoms.

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

If you should awaken after properly inserting the device, and find the device somewhere other than in your mouth or in its original position, sit or stand upright to reinsert. Confirm it can not be removed by applying pressure to it with your tongue. If you can remove it with your tongue by applying pressure, or if the device does not lock in with a 'snap', discontinue use immediately and return to your dentist 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 device first.

Never insert or remove the device while lying on your back.

Always insert or remove the device when sitting or standing upright.

Do not attempt to insert or use the device if you are intoxicated or taking prescription, over the counter, 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 such prescription, over the counter and/or any other drugs.

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 on 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 the device repaired.

If you have any dental work or procedures done on your teeth after receiving your device, have your dentist examine the device to insure proper fit following the 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, place the device in the device container provided by your dentist.

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

Keep the device away from children or pets.