

Tips for Adjusting Discluding Element Length for Increased Patient Comfort*:

- Color the entire occlusal surface of the DE with a black Sharpie
- Have the patient wear the appliance overnight and examine the marks made.
- This will help to distinguish the movements of the mandible when the patient bruxes or clenches. Any excess of the DE length that shows no sign of contact can be reduced.



xx = CR clench;
x => A = Left excursive
x => B = Right excursive

**This is recommended for patients who have a maximum protrusive measurement of greater than 10 mm.*