

## NTI-tss Owner's Manual

*Please initial each item as you read and understand it. Please feel free to ask us if you have any questions.*

\_\_\_ Wear the appliance(s) while sleeping or daytime napping. If you have a migraine therapy set, sleeping use may continue indefinitely, while daytime use will eventually be tapered off to, at most, stressful occasions.

\_\_\_ Never wear an NTI appliance while eating. . (Doing so may be painful and possibly damaging to the opposing teeth). Discontinue all gum chewing even when not wearing the NTI. Depending on your diagnosis, you may need to avoid chewing hard or rubbery foods for some time. Note: Please use your container when you take out your NTI. There is a charge for lost appliances.

\_\_\_ Avoid sleeping on your stomach. Sleeping on your stomach forces your head to be turned to the side, which may allow significant muscle strain.

\_\_\_ Bring your NTI with you to all future dental appointments

### **NTI use should temporarily be discontinued and your dentist contacted for adjustment:**

\_\_\_ if it is uncomfortable, too tight or binding, too loose (can be removed with your tongue or lips), or damaged.

\_\_\_ if, when wearing the NTI, your back teeth or canine (eye) teeth can somehow touch each other in various jaw positions, or if you notice an obvious notch or “divot” where your opposing teeth contact the device.

\_\_\_ if you notice that your teeth are no longer coming together as they did prior to NTI use. This is an indication that your jaw is re-aligning. Although this is usually a good sign and occurs as symptoms have resolved (or are resolving), the improving alignment of the jaw may be undesirable without some type of modifications to the teeth. Otherwise, you may continue to have jaw pain, headache or damaged teeth.

### **Patient understands that:**

\_\_\_ The NTI suppresses the intensity of muscle dysfunctions and is not an orthodontic appliance which can move teeth. Daily chewing (without wearing the NTI) will maintain each tooth's original position. Those familiar with any type of removable custom mouthpiece realize that a mouthpiece may fit poorly if it has not been worn for an extended period. This is due to the constant slight adjustments teeth make to the forces around them.

\_\_\_ Pre-existing jaw joint noises may not necessarily be indicative of disease or damage, but may also be the body's way of adapting to irritated muscles or injury. The NTI may allow the degree of “loudness” to decrease or resolve completely. Sounds could increase as your jaw's range of motion increases. Your dentist will recommend diagnostic tests for specific jaw joint disorders.

\_\_\_ Complete resolution of your symptoms may not occur immediately. Sometimes these bad habits put up a fight (while you're asleep and unaware, the jaw muscles search for new ways to perpetuate the symptoms it's been causing)! Typically, the jaw's range of motion improves. Symptoms may change over time and must be reported to your dentist. Sometimes the NTI must be modified as the condition adapts and attempts to “defeat” the NTI.

\_\_\_ Reducing jaw muscle tension (clenching intensity) may allow the jaw joints to achieve their most natural, relaxed position (if they weren't in that position to begin with) and allow the jaw to close in its best and most natural path, *which may be different from what the patient originally started with*. This is considered a “diagnostic event”, and while it is not a common occurrence, it presents as symptoms are relieved, demonstrating that your jaw-joints had not been in their ideal positions. There is no test to determine in advance if the jaw-joints are in their ideal positions.

\_\_\_ One example of an improvement in jaw relationship results in the farthest back molars contacting before the other teeth do, while the front incisors may not contact as well as they did before (or in rare cases, may not be able to touch each other at all). In this event, your dentist may recommend modifying your teeth to achieve the most efficient closure (or “bite”). This may be done by varying combinations of shaping the teeth, adding to them by fillings or caps or even moving them by orthodontics.

\_\_\_ Part of the historical “Standard of Care” in dentistry for jaw related conditions had been to provide a “full coverage” mouthpiece. These appliances cover all of the upper or lower teeth and are intended to deflect, absorb, or modify the forces generated by muscle clenching or tooth grinding. Unfortunately, these appliances can also allow for the intensity of bad habits to *increase*, by simply providing a more efficient surface to bite on. The NTI appliance is specifically designed to suppress muscle bad habits.

\_\_\_ Each morning, clean the appliance thoroughly with cool, not hot, water, and brush without toothpaste. Do not put it in the dishwasher or microwave! Once in a while you may have to soak it for a half hour in diluted white vinegar if crusty deposits are starting to develop. Soak, then brush.

\_\_\_ I have read and discussed all the points raised in this manual with my dentist and have had all my questions answered to my satisfaction.

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Signature of patient or guardian

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Signature of Dentist

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Date