

NTI

You have been fitted with a Nociceptive Trigeminal Inhibition Tension Suppression System (*NTI-TSS*).

This device suppresses jaw muscle contractions (clenching & grinding) and will help protect your teeth from wear, and damage to your Temporo-Mandibular Joint (TMJ), thereby reducing joint wear, muscle fatigue and headaches.

1. Wear the device every night before bedtime, after having brushed and flossed.
2. Make sure the device fits snugly and that you cannot dislodge it with tongue pressure or lip pressure.
3. Do not attempt to eat or drink with the device in your mouth.
4. The best way to clean your device is to soak it with a denture cleanser (Polident or Efferdent). A soft bristled toothbrush used lightly under running cool water is also acceptable. Never use hot or boiling water.
5. Keep the device in the box provided when not in use.
6. If you start to have any problems with the device call us to schedule an evaluation.