

## Treatment with Oral Appliances

Patients who experience damage from habitual bruxing, which is defined as grinding, gnashing or clenching of the teeth and is mostly an unconscious habit are generally prescribed full coverage splints to alleviate the problem. However, custom made splints require time consuming procedures.

Treatment with a soft flexible oral appliance is now considered the most convenient way to protect against the harmful effects of night time bruxing. These appliances function by providing a gentle protective barrier between the upper and lower teeth thereby limiting the damaging effects of bruxing.

When in place, during sleep, the *myOSA*<sup>®</sup> *TGH* appliance will protect against the damage caused by bruxing to the teeth as well as TMJ. The appliance is customisable to fit most sized mouths and when moulded correctly provides excellent retention.



The *myOSA* for Teeth Grinders™ range fits snugly to the upper arch, with good retention, during sleep and provides immediate protection for both the dentition and TM joints from any further damage caused by bruxing.

## Immediate bruxing solution

The *myOSA* for Teeth Grinders™ (*TGH*) is a moulded upper arch appliance designed to provide an immediate protective barrier against night time bruxing. The appliance, which can be fitted in less than 2 minutes, fits tightly over the upper teeth and provides a soft, flexible barrier that protects the teeth as well as the TMJ from the effects of bruxing. A soft version called the *TG* is also available for patients with no symptoms of TMJ Disorder.

### Design Features

- Thickened base for increased protection.
- Easily moulds in less than 2 minutes and can be remoulded.
- Flexible, comfortable to wear and provides good retention.
- Customisable for smaller sized mouths.
- Firm construction for heavy bruxers.

**Cleaning your *myOSA*<sup>®</sup>:** Clean your *myOSA*<sup>®</sup> appliance under warm running water every time you remove it from your mouth. Use *Myoclean*<sup>™</sup> tablets to correctly clean twice every week. Ask your doctor or dental therapist about *Myoclean*<sup>™</sup>, the recommended cleaning agent for all *myOSA*<sup>®</sup> appliances.

**myOSA**<sup>®</sup>

For more information, visit [www.myosa.com](http://www.myosa.com)  
**myOSA**<sup>®</sup> BY MYOFUNCTIONAL RESEARCH CO.

SEE INSTRUCTIONS



myOSA\_TG-H\_INS.ENG

**myOSA**<sup>®</sup>

MYOFUNCTIONAL SLEEP APPLIANCE

FOR

**TEETH  
GRINDERS**

HARD VERSION



MOULDBLE  
OPTIMUM FIT

WORLDWIDE PATENTS. DETAILS AVAILABLE AT MYORESEARCH.COM

## Understanding the problem

Teeth grinding, or bruxing, is a common symptom associated with mouth breathing and can be exacerbated by stress or nervous tension. This bruxing can cause damage to the teeth including visible enamel wearing, tooth cracking or excessive tooth mobility. While the entire *myOSA*® range will offer some protection against the damage caused by bruxing, the *myOSA for Teeth Grinders*™ is designed specifically for this purpose and provides a protective barrier between the teeth. Intended to wear with use, these appliances can be easily replaced to prevent damage to the dentition.

## Immediate protection from further damage

Bruxing is defined as grinding, gnashing or clenching of the teeth. While it is primarily caused by nervous tension, anxiety or stress, bruxing is predominately an unconscious habit and takes place during sleep.

The *myOSA for Teeth Grinders*™ range fits snugly to the upper arch, with good retention, during sleep and provides immediate protection for both the dentition and TMJ joints from any further damage caused by bruxing.



## myOSA for Teeth Grinders™

The *myOSA for Teeth Grinders*™ (*TGH*) is specifically designed to work best for bruxers who show symptoms of TMJ Disorder. The dual layer appliance, which is made from flexible material, fits comfortably in most mouth sizes and when in place helps to reduce muscle tension around the mouth during sleep. Easily moulded, the *TGH* is recommended for night time use as well as during the day if daytime grinding is a problem.

### myOSA® TGH - design features

**Thickened base** for increased protection of teeth and jaw joints.

**Tongue guards** assists in positioning the tongue correctly.

**Easily mouldable** in under 2 mins and can be remoulded.



**Dual layer** for firm fit and excellent retention.

**Allows optimum jaw position** to be customised for the individual patient.

myOSA® TGH Cross Section



TGH

## Instructions for use:

The *myOSA for Teeth Grinders*™ (*TGH*) is fitted over the teeth and worn at night while sleeping. It features a unique flat base specifically designed to protect the teeth and jaws from the effects of night time teeth grinding. The *myOSA*® *TGH* can be moulded in under 2 minutes, which may require some assistance from your dentist.



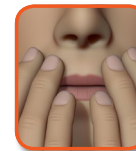
**Step 1** – Pour freshly boiled water into a glass bowl. Immediately place the appliance into water for **90 seconds** upside down with base uppermost.



**Step 2** – Gently lift appliance from water using a spoon and cool under tap water for one second only, bringing surface temperature to a comfortable level then quickly proceed with the next step.



**Step 3** – Watching in mirror, line up centre of appliance with centre line of upper teeth and quickly proceed on pressing firmly into front teeth and molars.



**Step 4** – Lightly close mouth to hold the appliance in position then create suction in the mouth while biting down. Continue for 20 seconds while moulding upper edges, front and back, by pushing firmly through lips and cheeks.



**Step 5** – Place the appliance in cold water for 2 minutes to cool then reinsert to check fit. Repeat fitting procedure if necessary.

Clean your *myOSA*® appliance under warm running water everytime you remove it from your mouth. Use *Myoclean*™ tablets to correctly clean twice a week.

Initially use the *myOSA*® *TGH* during the day to become accustomed to it. Once accustomed to the *myOSA*® *TGH* use it while sleeping.